

Coming in January:



The nationally acclaimed, award-winning SilverSneakers program is coming to *Fitness Stylz* in January! SilverSneakers offers an innovative blend of physical activity, healthy lifestyle and socially oriented programming that allows older adults to take greater control of their health. The classes are designed exclusively for seniors who want to improve their strength, flexibility, balance, endurance, and maintain an active, independent lifestyle.

SilverSneakers classes will be scheduled in the middle of the day and will be available to all Fitness Stylz members. Class instructors will include Tom Roy, Jasmine Castonguay, Chris Guild and Leslie Bull, all of whom recently completed SilverSneakers training in Concord, New Hampshire.

"SilverSneakers classes, like our Les Mills classes, are done with great choreography and music," said Tom Roy, owner of Fitness Stylz.

"The workout itself is low-impact and 'resistance' oriented to help participants safely increase bone density and achieve their fitness goals. Dumbbells, resistance bands and balls are used in innovative, entertaining ways and the music is selected from an Oldies format. By Oldies, I mean songs from the 40s through the 70s. We are very excited that SilverSneakers chose to partner with us in offering these excellent classes!"

For more information, please see Operations Manager Jasmine Castonguay.



NEW FITNESS STYLZ

SilverSneakers INSTRUCTORS

Back Row: Leslie Bull, Tom Roy and Chris Guild. Front Row: Michele Valvano, Regional Director, Andi Kwapien, Trainer, and Jasmine Castonguay.



PRIMED FOR PUMP — BODYPUMP training attendees: *Front Row l-r:* Pamela, from Women's Fitness Studio & Spa, Betty Wilson, Andrea Richards, Joella Hopkins (Trainer), Bridgette from Union Street Athletics. *Second Row l-r:* A visitor from Women's Fitness Studio & Spa, Ken Parker, Jake Letendre, Jim Flagg, Alice Preble.

6 new BODYPUMP instructors take the stage at Fitness Stylz

Tom Roy is proud to announce that all of the Fitness Stylz instructors and members who attended the BODYPUMP training here during the first weekend of November successfully passed the rigorous training process.

The new instructors have been enthusiastically team-teaching with

regularly scheduled BODYPUMP instructors, and soon will be video taping for the assessments required for them to become official instructors.

"I have no doubt that they will all pass their assessments," Roy said. "I'd like to thank the current instructors and class members for the warm welcome and encouragement they have been giving to Betty, Andrea, Ken, Jake, Jim and Alice!"

Roy said that he is pleased to be expanding the BODYPUMP instructor team.

He noted that BODYPUMP is currently the most heavily attended Les Mills class at Fitness Stylz, and it is very important to make sure there are always plenty of instructors to serve the needs of members.

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