

Our Programs WORK!

In November of 2003, *Fitness Stylz* began introducing the New Zealand-based, Les Mills group fitness programs to our local community. Today, we offer four programs, including BODYPUMP, BODYSTEP, BODYFLOW and BODYCOMBAT. Each program is designed to challenge your body in a different way, but they *all* have at least one thing in common: Combined with a healthy food plan, they *work!*

Fitness Stylz members of all ages and fitness levels are experiencing the host of benefits these programs provide, such as fat-loss, improved cholesterol, lower blood pressure, protection from osteoporosis, and increased strength, energy and flexibility.

Here's another success story. We hope we can tell *yours* someday!

Brenda says, "I'm a PUMP-A-HOLIC!"



BRENDA before BODYPUMP

"I've been taking BODYPUMP since January of 2006. I'm a PUMP-A-HOLIC! I love it! It's given me a lot more range of motion, I have so much more energy, and I'm down three clothing sizes so far!"

BRENDA after BODYPUMP

"This past summer, I was able to do things I haven't been able to do in years. When I went camping with my parents, I amazed them, and myself, by carrying *everything* to the camp.

"Recently, I was able to assist the mechanic working on my car, and I was able to fit *under* the car!! I just keep improving!"

- Brenda LaViolette



Ask the Instructor

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should feel very comfortable in this stance with very little stress on the shoulders. Now, very slowly, throw a few jabs and watch your shoulders to make sure they don't tense up. If you can do this in front of the mirror, you will know what feels right when you are in class.

3) The same applies for any other punch as well. Try the mirror trick with uppercuts, hooks, body rips and karate chops. Practice makes better!!!

4) Lastly, if you are experiencing any sharp pain, please ask an instructor for their thoughts. Burning during a workout is good, but sharp or throbbing pain is bad.

So remember, keep your shoulders relaxed and dropped down, and never fully extend a punch. I hope this answers your question! If you (or anyone else) would be interested in a one-on-one BODYCOMBAT technique clinic, please see me in person, or ask Tom or Jasmine to schedule a time that is mutually good for us both. --Jim Flagg

Ask the Instructors is a new column where members can ask questions to help them get the most out of our Les Mills programs. Questions can be emailed to questions@FitnessStylz.com, or dropped off at the front counter. You are always encouraged to ask any instructor for help before or after your Les Mills classes!

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