

Fitness Stylz

Halloween Launch & Costume Party

on Saturday, October 20th, were

'frightfully' fantastic!



We hope to see everyone in class this week to check out the latest program releases for BODYPUMP, BODYSTEP, BODYCOMBAT and BODYFLOW!

The NEW music, NEW moves, and NEW techniques will help launch you into a higher level of fitness, as you head into the holidays armed with the weapons you need to battle seasonal stress and weight gain!

Real Results...Real Fast.



(Pictured counter-clockwise from top left) BODYSTEP: Kathy LeClerc, Honey Pomerleau, Erica McDonald & David Hathaway. BODYCOMBAT: Mike Wilson, Tracy Richards & Louis Chabot. TOGA PARTY BODYPUMP: Pam Barker. BODYFLOW: Kayla Wilson & Launch Team, Tom, Leslie & Jasmine.

HALLOWEEN PARTY: Toga-clad Sue & Bill Biliouris. Dan & Nancy Clair as Wolfman & Geisha. Crowd-pleaser Erin Morrell searching for lost puppy. Robert & Christie Beliveau going 'batty.' Jim Flagg & Leslie Bull. Watch for more Launch & party pictures on our bulletin board & in Nov. Fit Newz!

