

## **WORKOUT FITNESS CORPORATE REFERENCES**

LL BEAN / FREEPORT  
LL BEAN / PORTLAND  
LL BEAN / BRUNSWICK  
LL BEAN / LEWISTON  
LL BEAN / WATERVILLE  
LL BEAN / BANGOR  
T-MOBILE / OAKLAND  
GEIGER / LEWISTON  
COLE HAAN / YARMOUTH  
B & M BEAN / PORTLAND  
IDEXX / WESTBROOK  
NORWAY SAVINGS BANK  
WRIGHT EXPRESS / SO. PORTLAND  
TYLER TECHNOLOGIES / FALMOUTH  
LONZA BIOLOGICS / PORTSMOUTH  
EAST BROWN COW / PORTLAND  
FLORIDA POWER & LIGHT / YARMOUTH  
FLORIDA POWER & LIGHT / HOLLIS  
LL LAITHROP / PORTLAND  
GLEN GROUP / BARTLETT, NH  
BATH IRON WORKS  
BANGOR SAVINGS BANK  
EPX PRINTING / PORTLAND  
HARRIMAN ASSOCIATES / AUBURN  
BILLINGS DIESEL / STONINGTON  
BANKNORTH / FALMOUTH  
CUMBERLAND CTY FED CU / FALMOUTH  
SEACOAST HARLEY / NO HAMPTON, NH  
ABENAKI TIMBER / EPPING, NH  
INTERNATIONAL PAPER / BUCKSPORT  
FHC / BOWDOIN  
FAIRCHILD SEMICONDUCTOR/SO PORT.  
CREATIVE DIGITAL IMAGING/BANGOR  
UNITED AMBULANCE/LEWISTON  
IDEXX / SCARBOROUGH  
VARNEY GMC / BANGOR  
PEOPLESCHOICE CREDIT UNION/SACO  
UNUM / PORTLAND  
LAKEPORT LANDING MARINA/LACONIA, NH  
PING RESPONSE / WESTBROOK

DEAD RIVER / SO. PORTLAND  
FORTIN & HOWGATE / SCARBOROUGH  
COTE-DOW ACCOUNTING / BAR MILLS  
MOUGALIAN RUGS / SCARBOROUGH  
RJ GRONDIN & SONS / GORHAM  
LEWISTON SUN-JOURNAL  
SCOTIA PRINCE/PORTLAND  
FUTUREGUARD / AUBURN  
J & M INC / WESTBROOK  
PIKE INDUSTRIES / LEWISTON  
NORTHERN DATA / FALMOUTH  
COLE HAAN / GREENLAND, NH  
DEARBORN PRECISION / FRYEBURG  
GORHAM SAVINGS BANK  
CONSUMER CREDIT / SO. PORTLAND  
ABENAKI TIMBER / KINGSTON, NH  
JM LOUGHLIN REFRIGERATION/SANFORD  
ENERGY EAST / PORTLAND  
KENNEBUNK SAVINGS BANK  
FIRST TECHNOLOGY / STANDISH  
CIVIC CENTER OFFICE PARK / AUGUSTA  
BRUM FLOORING / PORTLAND  
STORYLAND / GLEN, NH  
IRVING FOREST PRODUCTS / DIXFIELD  
BLUE ROCK / WESTBROOK  
ROOF SPECIALIST / PORTLAND  
JOTUL NORTH AMERICA/GORHAM  
NORTON INSURANCE/CUMB. FORESIDE  
FLORIDA POWER & LIGHT/LEWISTON  
DAWSON SMITH PURVIS / PORTLAND  
JOHNSON & JORDAN / SCARBOROUGH  
DEAD RIVER / PORTLAND  
TITAN MECHANICAL/PORTLAND  
FLORIDA POWER & LIGHT/SKOWHEGAN  
SHP MANAGEMENT / CUMBERLAND  
MARTIN'S PT HEALTH CARE/PORTLAND  
DMM / SCARBOROUGH  
MIKE'S CLAMSHACK / WELLS  
ACADIA INSURANCE / WESTBROOK

## **WORKOUT FITNESS PERSONAL TRAINING STUDIO REFERENCES**

ENERJOY / PORTLAND  
STERLING LEBLANC FIT / ROCKPORT  
HEALTHY SOLUTIONS / NEW GLOUC.  
BODY OF WORK / SO PORTLAND  
BODY SYMMETRY / BRUNSWICK  
SARAH MORTON PERS. TRAI. / GORHAM  
EVOLUTIONS / FREEPORT  
FITNESS SUCCESS / YARMOUTH  
KATHY WILSON PERS. TRAIN. / CAMDEN  
PROF. WELLNESS ASSOC. / PORTLAND  
ACADEMY OF MARTIAL ARTS/PORTLAND  
NATURAL FITNESS / FALMOUTH  
BASICS IN TRAINING/ST. GEORGE  
GORHAM FITNESS STUDIO  
STRONG BODIES / FALMOUTH  
ACADEMY OF MARTIAL ARTS/LEWISTON  
SACO KETTLEBELL CLUB  
CUMB CTY GYMNASTICS/SO PORTLAND  
XTREME SELF DEFENSE / LEWISTON

SYNERGY YOGA / EDGECOMB  
WOMEN'S FITNESS / AUBURN  
OPTIMUM PERFORMANCE / CAMDEN  
FITNESS FIRST / DAMARISCOTTA  
ONE 2 ONE PERS TRAIN/N CONWAY NH  
CAPE SHORE DAY SPA/CAPE ELIZABET  
NEW ENGLAND MEDICAL FIT/TOPSHAM  
FITNESS EDGE PERS TRAIN/FALMOUTH  
BODY FIRM / SACO  
LIVING FIT / ARUNDEL  
BETTER U / BRUNSWICK  
NO. CHI MARTIAL ARTS/DURHAM  
REVOLUTIONS/ROCKLAND  
FITNESS NUTHOUSE / KENNEBUNK  
MOBILE FITNESS / PORTLAND  
HEALTHY BODY FIT MIND/SO PORTLAND  
BODY ARCHITECT / PORTLAND  
DYNAMICS FIT & PERFORM/PORTLAND

## **WORKOUT FITNESS FITNESS CENTER REFERENCES**

GILLY'S GYM / WATERVILLE  
CAPE ELIZABETH FITNESS CENTER  
PERSONAL BEST HEALTH CL. / S. PARIS  
NEIGHBORHOOD HOUSE / N. E. HARBOR  
PLANET FITNESS / WESTBROOK  
TOTAL FITNESS / WESTBROOK  
MASSABESIC HEALTH RES./WATERBORO  
LAKE REGION FITNESS / BRIDGTON  
CAUSEWAY FAMILY FITNESS / NAPLES  
HAMMOND ST SENIOR CTR / BANGOR  
GENERATIONS HEALTH & FIT / MEXICO  
THE FITNESS PLACE / SOUTH PARIS  
AERO FIT / VINALHAVEN  
ELECTRIC BEACH TANNING / AUBURN  
WISCASSET RECREATION CENTER  
OCEANSIDE HEALTH & FIT / BELFAST  
BODYLINES HEALTH CTR / BERLIN, NH  
THE FITNESS BARN / WINDHAM  
CHEBEAGUE ISLAND RECREATION  
MAINE PINES RACQUET / BRUNSWICK  
B-FIT / SCARBOROUGH  
PINELAND YMCA / NEW GLOUCESTER  
RUMFORD COMMUNITY CENTER

TRADEWINDS HEALTH CLUB/ROCKLAND  
BAY CLUB / PORTLAND  
PORTLAND ATHLETIC CLUB/FALMOUTH  
WALDOBORO FITNESS  
FITNESS FORUM / SANFORD  
LIFESTYLES FITNESS CTR / PORTLAND  
LIFESTYLES FIT CTR / SCARBOROUGH  
BODY DYNAMICS / POLAND  
THE BODY SHOPPE / NASHVILLE  
ANTI-GRAVITY CENTER / KINGFIELD  
BAY AREA FITNESS / BELFAST  
CHOI INSTITUTE / PORTLAND  
BOOTHBAY REGION YMCA  
SANFORD YMCA  
LEWISTON-AUBURN YMCA  
MOOSEHEAD FITNESS / GREENEVILLE  
DO JO KARATE / CASCO  
FAMILY WELLNESS/LIVERMORE FALLS  
FITNESS NUTHOUSE / KENNEBUNK  
LIFELINE / PORTLAND  
S. PORTLAND BOYS & GIRLS CLUB  
SOUTH PORTLAND COMMUNITY CTR  
SIMPLY FIT / GRAY

## **WORKOUT FITNESS FITNESS CENTER REFERENCES CONT.**

ADAGIO SPA & SALON/BARRINGTON,NH  
SOMERSET SPORTS & FITSKOWHEGAN  
BASICS FITNESS CTR/SO PORTLAND  
CLC YMCA/DAMARISCOTTA

EASTSIDE WELLNESS CTR/AUGUSTA  
WHITE BIRCH MED CTR/MILLINOCKET  
SEACOAST FITNESS / WELLS  
RACKET & FITNESS CENTER/PORTLAND

BUSHIDO DOJO KARATE & FIT CTR/CASCO  
FULL SPECTRUM FITNESS/SCARBOROUGH  
HEALTH CLUB & SPA/LEWISTON  
FOOTHILLS PT & FITNESS CTR/CORNISH  
FRIENDS OF COMMUNITY/SANGERVILLE  
RANGELEY REGION HEALTH & WELLNESS  
PISCATAQUIS YMCA/DOVER-FOXCROFT  
HARBOR HOUSE / SOUTHWEST HARBOR  
WOODLANDS CLUB/FALMOUTH  
ISLESBORO COMMUNITY FITNESS CTR  
FORESIDE FITNESS CENTER/FALMOUTH  
MEZZANINE FITNESS CENTER/PORTLAND  
OLD TOWN YMCA

AGE RIGHT FITNESS / HALLOWELL  
BODY FIRM / SACO  
WOODLANDS CLUB/FALMOUTH  
YORK FITNESS  
CUTS FITNESS/SCARBOROUGH  
BANGOR WELLNESS CENTER  
M.O.G. AT SACO BAY PT/SO PORTLAND  
KENNEBEC VALLEY YMCA/AUGUSTA  
SNAP FITNESS / SOUTH PORTLAND  
CASCO BAY YMCA / FREEPORT  
PENOBSCOT BAY YMCA/ROCKPORT  
SEVERANCE LODGE CLUB/CTR LOVELL  
CRANMORE FAMILY FIT/N CONWAY NH

**WORKOUT FITNESS PRO SPORTS TEAM REFERENCES**

PORTLAND PIRATES

WASHINGTON CAPITALS

## **WORKOUT FITNESS GOVERNMENT REFERENCES**

LEWISTON FIRE DEPARTMENT  
ACTON FIRE DEPARTMENT  
ME CORRECTIONAL CTR / WINDHAM  
ME CRIM JUSTICE ACAD / VASSALBORO  
AUBURN POLICE DEPARTMENT  
KENNEBUNK FIRE DEPARTMENT  
CUMBERLAND COUNTY/WINDHAM  
CAPE ELIZABETH POLICE DEPARTMENT  
DFAST LIMESTONE  
RUMFORD FIRE DEPARTMENT  
US COAST GUARD / S. PORTLAND  
SACO FIRE DEPARTMENT  
YORK COUNTY JAIL / ALFRED  
RIVERVIEW PSHYCHIATRIC / AUGUSTA  
DEPT OF HUMAN SERVICES/WINTHROP  
FREEPORT POLICE DEPARTMENT  
PENOBSCOT COUNTY JAIL/BANGOR  
TOWN OF FALMOUTH  
LONG CREEK YOUTH CTR / CHARLESTON  
TOWN OF SCARBOROUGH  
TWO BRIDGES REG. JAIL/WISCASSET  
EASTSIDE WELLNESS CTR/AUGUSTA  
OLD TOWN POLICE & FIRE DEPT  
CUMBERLAND COUNTY/PORTLAND  
YARMOUTH POLICE DEPARTMENT  
ME DEPT OF TRANSPORTATION/AUGUSTA  
GORHAM FIRE DEPARTMENT  
US BANKRUPTCY COURT/PORTLAND  
CITY OF ELLSWORTH  
CUMBERLAND FIRE DEPARTMENT  
CUMBERLAND POLICE DEPARTMENT  
TOWN OF YORK  
LEVANT FIRE & RESCUE

PORTLAND FIRE DEPARTMENT  
S. PORTLAND FIRE DEPARTMENT  
PORTLAND POLICE DEPARTMENT  
SO. PORTLAND POLICE DEPARTMENT  
CUMBERLAND CTY. JAIL / PORTLAND  
BRUNSWICK FIRE DEPARTMENT  
ME. AIR NATIONAL GUARD/S. PORTLAND  
LEWISTON POLICE DEPARTMENT  
FALMOUTH POLICE DEPARTMENT  
SCARBOROUGH POLICE DEPARTMENT  
ELLSWORTH FIRE DEPARTMENT  
MAINE STATE PRISON / WARREN  
LONG CREEK YOUTH CTR/S. PORTLAND  
WELD FIRE DEPARTMENT  
US MARSHALL'S SERVICE / PORTLAND  
DOWNEAST CORRECT/MACHIASPORT  
US PROBATION OFFICE / BANGOR  
US PROBATION OFFICE / PORTLAND  
CITY OF SOUTH PORTLAND  
WINDHAM POLICE DEPARTMENT  
US COAST GUARD/BOOTHBAY HARBOR  
YORK CTY COMMUNITY ACT/SANFORD  
KENNEBUNKPORT POLICE DEPARTMENT  
SCARBOROUGH PUBLIC WORKS  
FALMOUTH PUBLIC WORKS  
BIDDEFORD FIRE DEPARTMENT  
SOMERSET COUNTY JAIL/MADISON  
AUBURN FIRE DEPARTMENT  
CAMDEN FIRE DEPARTMENT  
ME DEPT TRANSPORTATION/RICHMOND  
SECRET SERVICE / KENNEBUNKPORT  
CAMDEN PUBLIC SAFETY

## **WORKOUT FITNESS HOSPITAL & REHABILITATION REFERENCES**

SACO BAY ORTHO. & PT / WINDHAM  
SACO BAY ORTHO. & PT / S. PORTLAND  
SACO BAY ORTHO. & PT / SCARB.  
HOLISTIC PHYS THERAPY / PORTLAND  
CASCO BAY PHYS THERAPY / FALMOUTH  
US HEALTH WORKS / LEWISTON  
ELITE PHYS THERAPY / SALEM, MASS.  
SCARBOROUGH FAMILY PHYS THERAPY  
SACO BAY ORTHO. & PT / BRUNSWICK  
NORTH BERWICK PHYSICAL THERAPY  
TURNING POINT / SCARBOROUGH  
MAINE FELDENKRAIS & PT / BRUNSWICK  
YORK HOSPITAL  
MASSABESIC HEALTH RES / SPRINGVALE  
OPT. PERFORMANCE / SCARBOROUGH  
HEART HEALTH INSTITUTE / YORK  
SACO BAY ORTHO. & SPORT PT / SACO  
SOUTHRIDGE REHAB. / BIDDEFORD  
MOUNTAIN CENTER PT / CONWAY, NH  
SACO BAY ORTHO. & PT / STANDISH  
PORT CITY PT / PORTLAND  
NO. ME MEDICAL CTR / FORT KENT  
WELLS PHYSICAL HEALTH  
FAMILY PT / KITTERY  
ME. GENERAL MEDICAL CTR / AUGUSTA  
FOOTHILLS PHYSICAL THER. / CORNISH  
BARDWELL CHIROPRACTIC / YARMOUTH  
NORTHERN CUMB. HOSP. / BRIDGTON  
OSPTC / PORTLAND  
MID-COAST HOSPITAL / BATH  
ENERGY WORKSHOP / PORTLAND  
UNIV. OF S. ME. SPORTS MED. / GORHAM  
MEDICAL REHAB. ASSOC. / LEWISTON  
WABON PROJECTS / SANFORD  
ASSESSMENT SOLUTIONS / FALMOUTH  
MILLINOCKET REGIONAL MEDICAL CTR  
PARKVIEW MEDICAL CTR/BRUNSWICK  
THE MEDICAL GROUP / KENNEBUNK  
WELLS CARDIOLOGY  
EASTSIDE WELLNESS CTR/AUGUSTA  
RENEE DURGIN / REHAB  
MID-COAST PHYS THER/ROCKLAND  
WHITE BIRCH MEDICAL CTR/MILLINOCKET  
PARKVIEW PT & WELLNESS/TOPSHAM  
MASSABESIC HEALTH RES/WATERBORO  
SCARBOROUGH PHYSICAL THERAPY  
THERAPUETIC BODY WORK/GORHAM  
GREATER SPRINGVALE PHYS THERAPY

STEPHENS MEM. HOSP. / NORWAY  
ST. MARY'S HOSPITAL / LEWISTON  
CENTRAL ME MEDICAL CTR / LEWISTON  
ME. COAST MEM. HOSP / ELLSWORTH  
ME. SPORTS MEDICINE / WATERVILLE  
UNITED AMBULANCE / LEWISTON  
OCCUP HEALTH & REHAB/S PORTLAND  
OCCUP. HEALTH & REHAB. / LEWISTON  
ORTHOPAEDIC ASSOCIATES/PORTLAND  
NAPLES PHYSICAL THERAPY  
ST ANDREW HOSP/BOOTHBAY HARBOR  
MILES MEMORIAL HOSP/DAMARISCOTTA  
PENOBSCOT BAY MED CTR/ROCKPORT  
MAINE MEDICAL CENTER  
GOODALL HOSPITAL / SANFORD  
MERCY HOSPITAL / PORTLAND  
NEWPORT REHABILITATION  
RESPIRATORY REHAB THER/PORTLAND  
COASTAL HEALTH / ELLSWORTH  
CENTRAL ME. MEDICAL CTR/LEWISTON  
FRANKLIN MEM. HOSP. / FARMINGTON  
MEMORIAL HOSPITAL / N. CONWAY, NH  
EASTERN ME. MEDICAL CTR / BANGOR  
GREAT WORKS PHYS THER/S BERWICK  
ME GENERAL MEDICAL CTR/AUGUSTA  
ME GEN MEDICAL CTR/WATERVILLE  
PEQUAWKET PHYS THER / LIMINGTON  
ADAPTIVE MOVEMENT/POLAND SPRING  
RIVER VALLEY CHIRO / RUMFORD  
FORM / MILLINOCKET  
RANGELEY REGION HEALTH CENTER  
MEDICAL REHAB ASSOC/SCARBORO  
SO. ME MEDICAL CTR / BIDDEFORD  
AUBURN CHIROPRACTIC  
INNOVATIVE PHYS THERAPY/TOPSHAM  
MASSABESIC HEALTH/WATERBORO  
FRYEBURG COMMUNITY CHIROPRACTIC  
FLAMING PHYSICAL THERAPY/BATH  
BACK IN MOTION PT/GORHAM  
MID-COAST HOSPITAL / BRUNSWICK  
CASCO BAY GASTROENTEROLOGY/SP  
SACO BAY PHYS THERAPY/BRIDGTON  
BRIDGTON HOSPITAL  
BAYSIDE EMPLOYEE HEALTH/PORTLAN  
SACO BAY PHYS THERAPY/YORK  
PROACTIVE PHYS THERAPY/LEWISTON  
PRIME CARE / BIDDEFORD  
MOUNTAIN CENTER PT / FRYEBURG

## **WORKOUT FITNESS HOSPITAL & REHABILITATION REFERENCES**

M.O.G. AT SACO BAY PT/SO PORTLAND  
RICHARD BADER PT / NORWAY  
MOUNTAIN CENTER PT / GLEN  
ANDOSCOGIN VALLEY HOSP/BERLIN

SELECT PHYSICAL THERAPY / AUBURN  
MID-COAST SENIOR HEALTH CTR/BRUNS  
RUMFORD COMMUNITY HOSPITAL

## **WORKOUT FITNESS HOTEL REFERENCES**

EMBASSY SUITES / PORTLAND  
WHITE MTN RESORT / N. CONWAY, NH  
MISTY HARBOR RESORT / WELLS  
RAMADA INN / LEWISTON  
HOLIDAY INN BY BAY / PORTLAND  
BLACK POINT INN / SCARBOROUGH  
HOLIDAY INN / AUGUSTA  
COUNTRY INN / CAMDEN  
CLIFF HOUSE / OGUNQUIT  
MILESTONE HOTEL / OGUNQUIT  
EASTLAND PARK / PORTLAND  
PINK BLOSSOM / OGUNQUIT  
ANCHORAGE INN / YORK BEACH  
GREEN GRANITE / NO CONWAY, NH  
MARINER RESORT / OGUNQUIT  
HOWARD JOHNSON / SOUTH PORTLAND  
HAMPTON INN / ROCKLAND  
HOLIDAY INN EXPRESS/FREEPORT  
FALMOUTH INN / FALMOUTH  
COMFORT SUITES / FREEPORT  
COURTYARD BY MARRIOTT/BANGOR  
HOMWOOD SUITES/SO PORTLAND  
POLAND SPRING RESORT/POL SPR  
ATTITASH GRAND SUMMIT/BARTLETT  
COMFORT INN & SUITES / DOVER,NH  
GREENLEAF INN/BOOTHBAY HARBOR  
THE BEACHMERE INN/OGUNQUIT  
HOLIDAY INN EXPRESS/TILTON,NH  
ATLANTIC OAKES BY SEA/BAR HARBOR  
COMFORT INN&SUITES/NO CONWAY,NH  
HAMPTON INN / PRESQUE ISLE

BEST W. MERRY MANOR / S. PORTLAND  
HILTON GARDEN INN / FREEPORT  
HOLIDAY INN WEST / PORTLAND  
EAGLE MOUNTAIN RESORT / JACKSON,NH  
GORGES GRANT HOTEL / OGUNQUIT  
SPRUCE POINT INN / BOOTHBAY HARBOR  
HOLIDAY INN CIVIC CENTER / BANGOR  
SHERATON TARA HOTEL / SO. PORTLAND  
HAMPTON INN / SOUTH PORTLAND  
VILLAGE COVE INN / KENNEBUNKPORT  
CHRISTMAS FARM INN / JACKSON, NH  
HAMPTON INN / SACO  
JUNIPER HILL INN / OGUNQUIT  
BAR HARBOR INN / BAR HARBOR  
HAMPTON INN / WATERVILLE  
VILLAGE BY THE SEA / WELLS  
SEBASCO HARBOR RESORT/SEBASCO EST  
COMFORT SUITES/WINSOR LOCKS, CT.  
BEST WESTERN INN OF HAMPTON, NH  
RHUMB LINE RESORT/KENNEBUNKPORT  
COURTYARD BY MARRIOTT/SO PORTLAND  
HOLIDAY INN EXPRESS / SEABROOK,NH  
QUALITY INN & SUITES / AUGUSTA  
GRAND SUMMIT HOTEL/BARTLETT  
FAIRFIELD INN & SUITES/AUGUSTA  
COMFORT SUITES/SCARBOROUGH  
CLARION / MANCHESTER / NH  
BAR HARBOR GRAND / BAR HARBOR  
THE ADMIRAL'S INN / OGUNQUIT  
WYNDHAM HOTEL / SO PORTLAND

## **WORKOUT FITNESS RESIDENTIAL DEVELOPMENT REFERENCES**

RIVERPLACE APTS / S. PORTLAND  
BRIARWOOD PARTNERS/BIDDEFORD  
BACK BAY TOWER / PORTLAND  
JUNIPER APTS / YARMOUTH  
OCEAN PARK / OLD ORCHARD  
WHISPERING SANDS / OLD ORCHARD  
LAKE ARROWHEAD / N. WATERBORO  
HIGHLAND HOUSE / RANDOLPH, MA.  
HIGHLAND GREEN/TOPSHAM  
GRAND VICTORIAN / OOB  
CIDER HILL / OLD ORCHARD BEACH  
THE FARRAGUT AT KENNEBUNK

WORTHINGTON PLACE / CAMBRIDGE, MA.  
ATLANTIC HOUSE / SCARBOROUGH  
FORESIDE ESTATES / FALMOUTH  
POINT GLORIA / FALL RIVER, MA.  
LIBERTY PLACE / RANDOLPH, MA.  
CUMMINGS MILL / S. BERWICK  
FOREST VILLAGE CONDO NORTH/WELLS  
ATTITASH MTN VILLAGE/BARTLETT, NH  
ACORN VILLAGE/OLD ORCHARD BEACH  
HIGHLANDS OF TOPSHAM  
SANCTUARY COVE/BRIDGTON  
PRINCETON PROPERTIES / PORTLAND

## **WORKOUT FITNESS RESIDENTIAL DEVELOPMENT REFERENCES**

YARMOUTH POINTE / YARMOUTH  
TERRACE POND APTS/PORTLAND  
BAYVIEW COURT / PORTLAND

FOXCROFT APARTMENTS/SCARBOROUGH  
APPLE VALLEY ESTATES / LEWISTON  
TAMARLANE APARTMENTS/PORTLAND

## **WORKOUT FITNESS ASSISTED LIVING REFERENCES**

SCHOONER COVE / DAMARISCOTTA  
THE HIGHLANDS / TOPSHAM  
SENTRY HILL / YORK  
GRANITE HILL ESTATES / HALLOWELL

OCEAN VIEW / FALMOUTH  
VILLAGE CROSSINGS / CAPE ELIZABETH  
PIPER SHORES / SCARBOROUGH

## **WORKOUT FITNESS CAMP REFERENCES**

CAMP VEGA / KENTS HILL  
TRIP LAKE CAMP / POLAND  
TIMANOUS CAMP / RAYMOND

CAMP MODIN / BELGRADE  
MAINE TEEN CAMP/PORTER  
CAMP LAUREL / READFIELD

## **WORKOUT FITNESS CHURCH REFERENCES**

MESSIAH CHRISTIAN / KENNEBUNK

## **CAMPGROUND/RV RESORTS REFERENCES**

BEACH ACRES CAMPGROUND/WELLS  
SEA VU CAMPGRPOUND/WELLS

PINEHIRST RV RESORT / OOB

## **GOLF CLUBS**

OLD MARSH COUNTRY CLUB / WELLS

## **WORKOUT FITNESS HIGH SCHOOL REFERENCES**

FREEPORT HIGH SCHOOL  
MT DESERT ISLE HS/MT DESERT  
SOUTH PORTLAND HIGH SCHOOL  
GREELY HIGH SCHOOL / CUMBERLAND  
SANFORD HIGH SCHOOL  
WAYNFLETE SCHOOL/PORTLAND  
MORSE HIGH SCHOOL / BATH  
POLAND REGIONAL HIGH SCHOOL  
KENNETT HIGH SCHOOL / CONWAY, NH  
FRYEBURG ACADEMY  
PORTLAND HIGH SCHOOL  
CONY HIGH SCHOOL / AUGUSTA  
LEWISTON HIGH SCHOOL  
YORK HIGH SCHOOL  
HYDE SCHOOL / BATH  
BELFAST HIGH SCHOOL  
CARRABASSETT VALLEY / KINGFIELD  
FALMOUTH HIGH SCHOOL  
WELLS HIGH SCHOOL  
BONNY EAGLE HS / STANDISH  
MASSABESIC HS/WATERBORO  
LAWRENCE HIGH SCHOOL/FAIRFIELD  
MOUNTAIN VALLEY HS / RUMFORD  
WESTBROOK HIGH SCHOOL  
MSAD 21 WELLNESS CENTER/DIXFIELD  
PRESQUE ISLE ALTERNATIVE SCHOOL

YARMOUTH HIGH SCHOOL  
WINDHAM HIGH SCHOOL  
MT. ARARAT HIGH SCHOOL / TOPSHAM  
CAPE ELIZABETH HIGH SCHOOL  
GRAY-NEW GLOUCESTER HIGH SCHOOL  
CAMDEN HILLS REGIONAL HIGH SCHOOL  
EDWARD LITTLE HIGH SCHOOL / AUBURN  
JOHN BAPST MEMORIAL HS / BANGOR  
BRUNSWICK HIGH SCHOOL  
NORTH YARMOUTH ACADEMY  
WATERVILLE HIGH SCHOOL  
MARSHWOOD HIGH SCHOOL / ELIOT  
LEAVITT HIGH SCHOOL / TURNER  
BERWICK ACADEMY  
MADISON AREA MEMORIAL HIGH SCHOOL  
SCARBOROUGH HIGH SCHOOL  
MESSALONSKEE HS / OAKLAND  
NOBLE HIGH SCHOOL / SOUTH BERWICK  
CATHERINE MCAULEY HS / PORTLAND  
CHEVERUS HIGH SCHOOL/PORTLAND  
MT ABRAM REGIONAL HS/STRONG  
MARANACOOK HIGH SCHOOL/READFIELD  
BERLIN HIGH SCHOOL / BERLIN, NH  
CONCORD HS / CONCORD, NH  
KENNEBUNK HIGH SCHOOL  
LINCOLN ACADEMY/NEWCASTLE

## **WORKOUT FITNESS MIDDLE SCHOOL REFERENCES**

SKOWHEGAN AREA MIDDLE SCHOOL  
KENNEBUNK MIDDLE SCHOOL  
SANFORD JUNIOR HIGH SCHOOL  
BRUNSWICK JUNIOR HS  
KENNETT MS / CONWAY,NH  
WESTBROOK JUNIOR HIGH SCHOOL  
LEWISTON MIDDLE SCHOOL  
FREEPORT MIDDLE SCHOOL

MADISON JUNIOR HIGH SCHOOL  
LYMAN MOORE MS/PORTLAND  
SCARBOROUGH MIDDLE SCHOOL  
MASSABESIC MS/EAST WATERBORO  
FALMOUTH MIDDLE SCHOOL  
MOUNTAIN VALLEY MS / MEXICO  
YORK MIDDLE SCHOOL  
SACO MIDDLE SCHOOL

## **WORKOUT FITNESS ELEMENTARY SCHOOL REFERENCES**

RUMFORD ELEMENTARY SCHOOL  
NEWPORT ELEMENTARY SCHOOL  
GEIGER ELEMENTARY/LEWISTON  
MARTEL ELEMENTARY/LEWISTON  
MONTELLO ELEMENTARY/LEWISTON

KINGFIELD ELEMENTARY SCHOOL  
FARWELL ELEMENTARY/LEWISTON  
LONGLEY ELEMENTARY/LEWISTON  
MCMAHON ELEMENTARY/LEWISTON

## **WORKOUT FITNESS COLLEGE REFERENCES**

UNIV. NEW ENGLAND / PORTLAND  
UNIV. NEW ENGLAND / BIDDEFORD  
HUSSON COLLEGE / BANGOR  
BOWDOIN COLLEGE / BRUNSWICK  
UNIVERSITY OF MAINE AT FORT KENT

UNIVERSITY MAINE AT ORONO  
COLBY COLLEGE / WATERVILLE  
THOMAS COLLEGE / WATERVILLE  
BATES COLLEGE / LEWISTON  
UNIVERSITY OF MAINE AT AUGUSTA

UNIVERSITY OF MAINE AT FARMINGTON  
ST. JOSEPH'S COLLEGE / WINDHAM

EASTERN MAINE COMMUNITY COLLEGE  
UNIVERSITY OF SOUTHERN MAINE

**WORKOUT FITNESS YOUTH ORGANIZATION REFERENCES**

SOUTH PORTLAND BOYS & GIRLS CLUB  
PORTLAND BOYS & GIRLS CLUB