

March 2018

The WAY To Healthy Living 11229 East Law Road, NE PA
First class is COMPLIMENTARY – simply call the instructor
to reserve your spot. 814.450.6841 for information



**IT'S SATURDAY BUT
SPRING WILL SOON BE
HERE ...**

The key to better health is to acknowledge the past, put
intention in the present and make choices for your
future. – Selina Uglow, LPN, CPT
www.TheWAYtoHealthyLiving.net

Spring into Better Health with The WAY to Healthy Living

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 TBF 4:30p.m 5:30p.m.	2	3
4	5	6 TBF 4:30p.m 5:30p.m.	7	8 TBF 4:30p.m 5:30p.m.	9	10
11	12	13 TBF 4:30p.m 5:30p.m.	14	15 TBF 4:30p.m 5:30p.m.	16	17
18	19	20 TBF 4:30p.m 5:30p.m.	21	22 TBF 4:30p.m 5:30p.m.	23	24
25	26	27 TBF 4:30p.m 5:30p.m.	28 "Power up with Protein" REAL Wellness Program 6:30p	29 TBF 4:30p.m 5:30p.m.	30 GOOD FRIDAY NO CLASSES	31 CENTER CLOSED HAPPY EASTER

**TOTAL BODY
FITNESS**
Combination of
yoga, pilates and
low impact
cardio created to
provide an
individualized
workout for you!

**WELLNESS
COACHING** is a
partnership to
help you develop
a lifestyle that you
can live to
achieve your
goals!

**COUNELING
SERVICES** for
Individuals,
Children,
Marriage are
offered by Denise
Jewell, LMFT

R.E.A.L. WELLNESS
is a Weight
Management
Program that
teaches you the
"how" behind
losing weight.

**INDIVIDUALIZED
FITNESS
PROGRAMS** are
designed to help
you "get it in"
rather than fit it in.
CALL TODAY
814.450.6841

