



Can GET them on

Can get them OVER my hips

Zipper is ALMOST but doesn't zip

It won't be LONG before they are on!

Total Body Fitness

Instructor: Selina Uglow, LPN, CPT
Any level, any ability. Clean, dry shoes & water required.

Call 814.450.6841 for details

Check out offerings at the Empowerment Resource Center. Yoga, Pilates, Power Yoga & Zumba
www.TheWAYtoHealthyLiving.net/ERC

What does Coaching do for YOU?

Working with someone who has experience in helping people succeed in their goals is always helpful to get a different perspective.

Free Consultation at 814.450.6841

Weightloss you WILL LIVE WITH!
www.TheWAYtoHealthyLiving.net/REAL

Real Weightloss solutions for sustainable results in mini classes or full programs, also available to private groups.

July 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
26	27 TBF 4:30 & 5:30	28	29 TBF 4:30 & 5:30	30	1	2
3	4 HAPPY FOURTH OF JULY – NO CLASSES	5	6 TBF 4:30 & 5:30	7	8	9
10	11 TBF 4:30 & 5:30	12	13 TBF 4:30 & 5:30	14	15	16
17	18 TBF 4:30 & 5:30	19	20 TBF 4:30 & 5:30	21	22	23
24	25 TBF 4:30 & 5:30	26	27 NO CLASSES	28	29	30
31	1	2	3	4	5	6