



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.

November 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1 MINI REAL WELLNESS!	2 TBF 4:30 & 5:30	3	4	5
6 Joyous Spirit Fall Program 5:30p.m	7 TBF 4:30 & 5:30	8	9 TBF 4:30 & 5:30	10	11	12
13 Joyous Spirit Fall Program 5:30p.m	14 TBF 4:30 & 5:30	15	16 TBF 4:30 & 5:30	17	18	19
20	21 TBF 4:30 & 5:30	22	23 LIVING IN GRATITUDE! HAPPY THANKSGIVING!	24	25	26
27	28 TBF 4:30 & 5:30	29	30 TBF 4:30 & 5:30	DECEMBER 1	2	3
4	5 TBF 4:30 & 5:30	6	7 TBF 4:30 & 5:30	8	9	10