



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.

October 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
2 Joyous Spirit Fall Program 5:30p.m	3 TBF 4:30 & 5:30 6:15p.m.	4	5 JOIN ME AT THE AHA HEART WALK! NO CLASS	6	7	8
9 Joyous Spirit Fall Program 5:30p.m	10 TBF 4:30 & 5:30	11	12 TBF 4:30 & 5:30	13	14	15
16 Joyous Spirit Fall Program 5:30p.m	17 TBF 4:30 & 5:30	18	19 TBF 4:30 & 5:30	20	21	22
23 Joyous Spirit Fall Program 5:30p.m	24 TBF 4:30 & 5:30	25	26 TBF 4:30 & 5:30	27	28	29
30 Joyous Spirit Fall Program 5:30p.m	31 TBF 4:30 & 5:30 HAPPY HALLOWEEN!	NOVEMBER 1	2 TBF 4:30 & 5:30 6:15p.m.	3	4	5
6 Joyous Spirit Fall Program 5:30p.m	7 TBF 4:30 & 5:30 6:15p.m.	8	9 TBF 4:30 & 5:30 6:15p.m.	10	11	12