



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.

December 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1	2	3
4	5 TBF 4:30 only	6	7 TBF 4:30 & 5:30	8	9	10
11	12 TBF 4:30 & 5:30	13	14 TBF 4:30 & 5:30	15	16	17
18	19 TBF 4:30 & 5:30	20	21 TBF 4:30 & 5:30	22	23	24
25 MERRY XMAS	26 TBF 4:30 & 5:30	27	28 TBF 4:30 & 5:30	29	30	31
January 1 HAPPY NEW YEAR!	2 TBF 4:30 & 5:30	3	4 TBF 4:30 & 5:30	5	6	7