

# Classes Filling Quickly-Register Today!



*New Dates!*

**MAT PILATES-ABS & ARMS**  
with Kathy Kravitz  
Tuesdays (8-week series)  
June 24-August 12  
5:45-6:45 PM  
\$56 Pre-paid/\$61 at the door

**STRETCH & RELAX**  
with Melanie Linton  
Mondays (4-week series)  
June 20-June 30 (no class 6/23)  
July 7-July 28; August 4-August 25  
9-10 AM  
\$28 Pre-paid/\$33 at the door

*New Dates!*

**FRESH START 1-2-3 GO!**  
with Kathy Kravitz  
Tuesdays (8-week series)  
June 24-August 12  
4:30-5:30 PM  
\$56 Pre-paid/\$61 at the door

**STRENGTH TRAINING**  
with Tina Ermert Bortner  
Monday & Wednesdays  
June 16-July 9  
5:30-6:15 PM  
\$56 Pre-paid/\$61 at the door

*New Dates!*

**MAT PILATES-BUTT & LEGS**  
with Kathy Kravitz  
Thursdays (8-week series)  
June 26-August 14  
5:45-6:45 PM  
\$56 Pre-paid/\$61 at the door

**TOTAL BODY WORKOUT**  
with Tina Ermert Bortner  
Monday & Wednesdays  
July 28-August 20  
5:30-6:15 PM  
\$56 Pre-paid/\$61 at the door

*New Dates!*

**HI LO CARDIO WITH WEIGHTS**  
with Kathy Kravitz  
Thursdays (8-week series)  
June 26-August 14  
4:30-5:30 PM  
\$56 Pre-paid/\$61 at the door

**SUMMER SALSA**  
with Nancy Sklencar  
Fridays  
July 11-August 1 (4-week series)  
7-8 PM  
\$50 Pre-paid/\$80 Couple/

**LOURDES WELLNESS CENTER**  
900 HADDON AVENUE, SUITE 100, COLLINGSWOOD

**Call (856) 869-3125 to Register!**

**[WWW.LOURDESWELLNESSCENTER.ORG](http://WWW.LOURDESWELLNESSCENTER.ORG)**