



1054 Chanticleer Drive Cherry Hill, NJ 08003  
856-751-0095 www.vivacommunityfitness.com



## Fun and Affordable Fitness classes

At Ben Franklin Elementary School, 2939 Princeton Ave., Lawrence Twp.



**Viva Mat Pilates:** Transform flab into sculpted muscle and energize your life! Slim your waist, stomach and hips; strengthen and tone your muscles; relieve back, wrist, neck and shoulder pain and melt away stress. You will leave each class standing taller, looking younger and be full of energy. Non-jarring exercises are tailored to fit each student's body. Perfect for men and women, ages 12 and up and all fitness levels. Wear comfortable exercise

attire. Bring a large towel, mat, medium or regular strength Pilates band (go to [www.vivacommunityfitness.com](http://www.vivacommunityfitness.com) to purchase band and mat). Targets: Abs, back, posture, balance and flexibility.

**To Register:** Fill out the form below. Make your check payable to Viva Community Fitness and mail form and check to: Viva Community Fitness, 1054 Chanticleer Drive, Cherry Hill, NJ 08003. We will email you within 24 hours of your first class to confirm.

Name: \_\_\_\_\_

Address, City, State: \_\_\_\_\_

Home Telephone: \_\_\_\_\_ Cell Telephone: \_\_\_\_\_

Email Address: \_\_\_\_\_

I have enclosed check # \_\_\_\_\_ amount \$ \_\_\_\_\_ for Zumba \_\_\_\_ and/or Pilates \_\_\_\_