



Fall 2018 Fitness Classes

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 class standing taller, looking younger and energized. Non-jarring exercises are tailored to fit each student's body. Wear comfortable exercise attire. Bring a, mat, medium or regular strength Pilates band (go to www.vivacommunityfitness.com to purchase). Targets: Abs, back, posture, balance and flexibility.

Tuesdays, 6:40 – 7:40pm, 12 weeks, \$130 September 25-December 11, 2018

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- Classes are for ages 11 and up, all fitness levels and held at Ben Franklin School, 2939 Princeton Ave., Lawrence Twp.
 - For more info call 856- 751-0095 or go to www.vivacommunityfitness.com.
 - The proceeds are split between Lawrence Township and Viva Community Fitness.
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Registration

Two Ways:

1. Check through the Mail:
Mail form and check (made out to Viva Community Fitness) to Viva Community Fitness, 1054 Chanticleer Drive, Cherry Hill, NJ 08003.
2. Venmo
Email the form below to info@vivacommunityfitness.com. Download Venmo; create an account, request to be connected to Susanne Baum@vivacommunityfitness. Once confirmed, transfer the class tuition to Susanne Baum@vivacommunityfitness. You can deduct it from your bank account or a debit card free of charge. If you use a credit card, you will incur a 3% charge. Put your name and class name in the "what this is for" line.

Name: _____

Mailing Address: _____

Home Telephone: _____ Cell Telephone: _____

Email Address: _____