

STATE SENATOR ANTHONY H. WILLIAMS'

# Health Awareness

FREE  
Season  
Classes

Starting October 1 and running through the beginning of November **FREE** 6 week classes

## PERSONAL TRAINER

Every Monday • 7 p.m. • Sayre Recreation Center • 5835 Spruce Street • Oct. 6 • Oct. 13 • Oct. 20 • Oct. 27 • Nov. 3 • Nov. 10

## SMOOTHIE RECIPE CLASSES

Every Monday • 6 p.m. • Sayre Recreation Center • 5835 Spruce Street • Oct. 6 • Oct. 13 • Oct. 20 • Oct. 27 • Nov. 3 • Nov. 10

## LINE DANCING

Every Tuesday • 5:30 p.m. • Eastwick Recreation Center • 80th & Mars Place • Oct. 7 • Oct. 14 • Oct. 21 • Oct. 28 • Nov. 11 • Nov. 18  
(\*Note: NO Class on Nov. 4)

## ZUMBA

Every Wednesday • 6:30 p.m. • Kingsessing Rec. Center • 4901 Kingsessing Ave. • Oct. 1 • Oct. 8 • Oct. 15 • Oct. 22 • Oct. 29 • Nov. 5

## JAZZMAT PILATES

Every Thursday • 6 p.m. • Sharon Hill Borough Hall • 250 Sharon Ave. • Sharon Hill • Oct. 2 • Oct. 9 • Oct. 16 • Oct. 23 • Oct. 30 • Nov. 6

## TAI CHI

Every Saturday • 9 a.m. • Collingdale Gym • 800 MacDade Blvd. • Collingdale • Oct. 4 • Oct. 11 • Oct. 18 • Oct. 25 • Nov. 1 • Nov. 8

## HIP-HOP

Every Saturday • 1 p.m. • Universal Audenried Charter High School • 32nd & Tasker Sts. • Oct. 4 • Oct. 11 • Oct. 18 • Oct. 25 • Nov. 1 • Nov. 8  
*Routines by Eagles Choreographer Dwayne Townsend*

Senator Williams & Christian Compassion

present

## FIT FAIR 5K RUN/WALK

Oct. 11 • Registration starts at 8 a.m. • Please call or e-mail for more information  
Cobbs Creek Parkway • Laura Sims Skate House • 63rd & Walnut Streets

For more information, please contact Desaree Jones at 215-492-2980 or e-mail [djones@pasenate.com](mailto:djones@pasenate.com) • Visit [www.senatoranthonyhwilliams.com](http://www.senatoranthonyhwilliams.com)



State Senator

**ANTHONY H. WILLIAMS**

*Serving the residents of the 8th District*

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[www.senatoranthonyhwilliams.com](http://www.senatoranthonyhwilliams.com)

**Health  
Awareness**  
*Season*