



STATE SENATOR ANTHONY H. WILLIAMS'

Healthy Awareness



Starting May 1 and running through the beginning of June – **FREE** 6 week classes

PERSONAL TRAINER

Every Monday – 7 p.m. • West Philadelphia High School • 4901 Chestnut St. • May 2, 9, 16, 23, June 6, 13

LINE DANCING

Every Tuesday – 5:30 p.m. • Eastwick Recreation Center • 80th St. & Mars Place • May 3, 10, 17, 24, 31, June 7

JAZZMAT PILATES

Every Wednesday – 6 p.m. • Yeadon Borough Hall • 600 Church Lane • Yeadon • May 4, 11, 18, 25, June 1, 8

DANCERCIZE (Zumba with a twist)

Every Thursday – 6 p.m. • Kingsessing Recreation Center Gym • 4901 Kingsessing Ave. • May 5, 12, 19, 26, June 2, 9

TAI CHI

Every Saturday – 9 a.m. • Collingdale Gym • 800 MacDade Blvd. • Collingdale • May 7, 14, 21, 28, June 4, 11

HIP-HOP

Every Saturday – 1:30 p.m. • Universal Audenried Charter High School • 32nd & Tasker Sts. • May 7, 14, 21, 28, June 4, 11
Routines by former Eagles Choreographer Dwayne Townsend

Save the Date: Navigating Life at 50+ Health Fair & Expo

September 22 • 10 a.m. - 2 p.m. • West Philadelphia YMCA • 5120 Chestnut Street

Community Partners

Drexel University • Keystone Choice • Fresh Grocers • Brown's ShopRite
 Nu-Stop • GPHA • CSX • Universal Companies

For more information, please contact Desaree Jones at 215-492-2980 or e-mail djones@pasenate.com • Visit www.SenatorAnthonyHWilliams.com





State Senator

ANTHONY H. WILLIAMS

Serving the residents of the 8th District

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FREE

Healthy Awareness

2016 Season Classes

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