State Senator Anthony H. Williams' 2018

HEALTHY AWARENESS SEASON CLASSES

Classes start September 17 and run until the end of October

(No classes are being held on October 8 due to Columbus Day)



PERSONAL TRAINING

Every Monday
7 pm

West Philadelphia High School
4901 Chestnut Street

KICK BOXING

Every Wednesday
6 pm & 7 pm

Wharton Wesley UM Church 5341 Catherine Street

(6 pm: Children/Beginners; 7 pm: All Ages)

HIP HOP

Every Tuesday
4 pm

Universal Audenried Charter High School 3301 Tasker Street

ZUMBA

Every Thursday
6 pm

Richard Allen Preparatory Charter School 2601 S. 58th Street

LINE DANCING

with CHRIS BLUES

Every Tuesday
6 pm & 7 pm

Universal Audenried Charter

High School 3301 Tasker Street (6 pm: Beginners; 7 pm: Advanced)

TAI CHI

Every Saturday
9 am

Collingdale Borough Hall Gym 800 MacDade Blvd.

YOGA / STRETCH EXERCISE

Every Wednesday

7 pm

Sharon Hill Borough Hall 2nd Floor • 250 Sharon Ave.

SENIOR HEALTH FAIR

Sept. 10, 2018 10 am - 3 pm

West Philadelphia High School 4901 Chestnut Street

Call Senator Williams' Office to Register for Lunch: 215-492-2980

For more information, please contact Desaree Jones @ 215-492-2980 or e-mail desaree.jones@pasenate.com www.senatoranthonvhwilliams.com