



## The Mayor's Office of Health and Fitness presents "Health Journey 2008"

10 weeks of exercise classes and nutrition cooking classes  
for a total price of just **\$25.00!**

Our health journey to "HEART-FIT", Connecticut, runs  
January 14 through March 24, 2008

Contact us at 215-686-2127, 28 for more details.

"Health Journey 2008" gives Philadelphians and area-residents an opportunity to "travel" the world without leaving the city. Participants are challenged to take this health & fitness trip, consisting of exercising, drinking water, eating healthy, and enjoying cooking classes all along the way. Participants earn "Frequent Activity Miles" for their healthy choices during the "journeys" and they keep track of these "miles" in their personalized "journeys" passport. The "Frequent Activity Miles" can then be redeemed for meaningful prizes. This same passport is used as an access ID to all classes.

When you register in the Fun, Fit & Free! program, you will have access to **over 35** classes including:

- Pilates
- Yoga (Ashtanga, Anasana, Vinyasa, Hatha)
- Spinning
- Water aerobics
- Boot Camp
- Gospel stomp aerobics
- Nutritional cooking
- Salsa dance
- Indoor/outdoor walking
- Lap swimming
- Line dancing
- Total body conditioning
- Tae-Bo
- Cardio Kickboxing  
and more!

### Our Partner Gyms:



To register, please contact the Mayor's Office of Health and Fitness at 215-686-2127, 28.  
Read more about us at <http://www.phila.gov/fitandfun>