

INSIDE THE 12TH PHILLYFIT BASH/EXPO EVENT  
The 6th PhillyFIT

# Workout-a-thon!

Who Teaches Philly's **Hottest** Workout!

Sunday, November 6th • 11-3pm



## VENDORS WELCOME

For a nominal \$325, come showcase your products and services to the workout-nuts that attend our events! Call to reserve your booth now. 215-396-0268

## 20 DIFFERENT 8 MINUTE WORKOUTS!

PhillyFIT's day of working out and more!

The participants decide "Who Teaches Philly's Hottest Workout"

**INSIDE THE 12th PhillyFIT BASH/Expo event!**

Philadelphia Sports Club • One Highpoint Drive • Chalfont, PA 18914

Cost is \$10.00 per person. FREE ENTRY into the Bash event (a savings of \$5.00) with purchase of workout-a-thon! Includes free powerade, fresh fruit and health bars. You can pre-register online at [phillyfit.com](http://phillyfit.com) - **NO WAITING IN LINE AT THE DOOR!**

NAME: \_\_\_\_\_

STREET ADDRESS: \_\_\_\_\_

CITY, STATE, ZIP: \_\_\_\_\_

PHONE: \_\_\_\_\_ E-MAIL: \_\_\_\_\_

\$10.00 per person.

CREDIT CARD # \_\_\_\_\_ EXP. DATE \_\_\_\_\_

CVS code (3 digit on the back, or 4 digit on the front if it's an AMEX) \_\_\_\_\_

or CHECK # \_\_\_\_\_ & mail to PhillyFIT Magazine,

868 Central Ave., Southampton, PA 18966

FAX REGISTRATION FORM TO 215-396-0288

20 different local fitness gurus, from all over the region showcasing many diverse workouts - each workout is 8 minutes long. Come, join in and do as many workouts as you can, OR DO THEM ALL AND BURN HUNDREDS OF CALORIES!

**Vote on the HOTTEST workout!**

Types of workouts to include: \* high energy \* low-impact

\* yoga \* stretching \* breathing \* bootcamp style

\* dance workouts \* core

**BRING YOUR YOGA MAT & WATER BOTTLES!**