

COURT TIME COMPLEX 95 Enterprise Drive, Elizabeth PA 15037 412-896-9661 alphafitnessclub.com

Have an ALPHA New Year! "New Year's BOGO"

Buy 1 month at the price of \$36.00 **Get one month FREE!**

Purchase up to 2 months & receive 2 months free!

Includes tanning, aerobics, & spin!

NO INITIATION FEE!

CC info is required at the time of sign up EFT billing for a min of 6 months required after BOGO months expire Call or stop in for details!

INTRODUCING

Transforming Health in Minutes a Week 1 2 WEEK

www.mybiopoint.com

DONALDSON'S CROSSROADS SHOPPING CENTER 724-969-0800

offered weekly at

Carnegie Jazzercise

45 minute muscle toning workout

for as little as \$4.00 per class

412-276-4216 Jazzin maryann@verizon.net

jazzercise®

CARNEGIE JAZZERCISE CENTER

Under New Management

OPEN HOUSE

Monday, March 7th 8:00 am - 8:00 pm

OPEN HOUSE SPECIAL NO JOINING FEE*

*With any class pass purchased on 3/7/11. (Savings of at least \$50)

148 East Main Street 412-489-6231 Carnegie, PA 15106 carnegiejazz@comcast.net

www.jazzercise.com



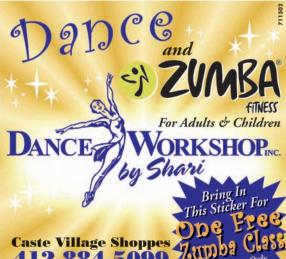
Bring In
This Sticker For
One Free
Zumba Class
Lambar Students Only

Caste Village Shoppes

412-884-5099 F

adno=5106746

Call for info on our New KICKBOXING CLASS



412-884-5099

www.danceworkshopbyshari.com



961 Broadhead Road • Lower Level Moon Township, Pa 15108 412.264.4434 • www.element-dayspa.com

30% Off Services for the month of January 2011

jazzercise. 3 days only! January 7-9



Start \$0

plus get 5 friend passes

visit jazzercise.com/supersale 2805 Leechburg Rd., Lower Burrell 724-334-0334 jaZZercise Monday, January 24

1DAY SALE

per month for your first 3 months

with joining fee & registration

Open 5:45am to 8:00pm

2805 Leechburg Rd. • Lower Burrell • 724-334-0334 or buy online at jazzercize.com

Valid for new customers at participating locations.

Other restrictions may apply.

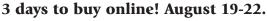
jazzercise SALE

One Day Only - Monday, August 22

Start for \$0*No joining fee and first month free.

Auto-payment registration required.

*Valid only on August 22, 2011 for new customers or those who have not attended in the last 6 months.



CARNEGIE JAZZERCISE CENTER

148 East Main Street Carnegie, PA 15106

412-489-6231 carnegiejazz@comcast.net

www.jazzercise.com

5016649

jazzercise.

3 DAYS ONLY! JANUARY 7-9



Start **d** for **d**

plus get 5 friend passes

visit jazzercise.com/supersale

Call Laurie at 412-257-3750 or e-mail Imottbeat@verizon.net

jazzercise®

CARNEGIE JAZZERCISE CENTER

Under New Management

OPEN HOUSE

Monday, March 7th 8:00 am - 8:00 pm

OPEN HOUSE SPECIAL NO JOINING FEE*

*With any class pass purchased on 3/7/11. (Savings of at least \$50)

148 East Main Street 412-489-6231 Carnegie, PA 15106 carnegiejazz@comcast.net

www.jazzercise.com

jazzercise_®

CARNEGIE JAZZERCISE

Carnegie, PA 15106 412-489-6231 carnegiejazz@comcast.net



Black Friday Sale!

November 25-27 **No monthly fee until January with joining fee**

and auto-pay registration.
Register online or in person!
*Offer valid for new customers or those who haven't attended in six months or longer.

33 classes per week!

Jazzercise, Body Sculpting, Express and Jazzercise LiteClasses offered.

Full class schedule available at www.jazzercise.com
All shapes, sizes and fitness levels welcome!
Child Care available M/W/F mornings.

60 minutes. 600 calories burned. ONE HOT DANCE FLOOR.

adno=5094886

Burn up to 600 calories in 60 minutes! Real results. Pure fun.



jazzercise.

IDAY ISALE

Monday, August 22 The deal is on!

Start for \$0* no joining fee and first month free

Call. Click. Come in.

Buy online starting Friday, August 19 at jazzercise.com, click on Find a Class.

CIICK ON FING a Class.

Buy online available at most locations.

*Auto-payment sign up required.

3 Locations to serve you in Bethel Park & McMurray

Morning & Evening Classes Available

Call 412-257-3750

iazzercise.com • (800)FIT-IS-IT



Off your first * 3 Months!

3058 Leechburg Rd.

Lower Burrell PA 15068

Join Today

-212-7 *Must have coupon to receive discount

Lose 1-2 Pounds/Day



Weight Loss Workshop "Finally Lose The Weight"



366-7071 **

Dr. Mike Pirollo, D.C.



"This is a life transformation. It's the real deal!
I lost 49 pounds of fat in 40 days, lowered
my blood pressure, and I feel great!" -Kevin B.

LOSE 30-40 POUNDS OF FAT IN 40 DAYS!!!! Safe, Effective, Natural Weight Loss Doctor Supervised

Call For <u>FREE</u> Workshop Space Is Limited

CALL 724-742-2700 TODAY!

I haven't been in the program for very long but I have

I haven't been in the program for very long but I have already lost 18 pounds and 4 pants sizes in less than 2 weeks. It works fast safe and it's the least expensive program I have found. I love it! The results are amazing.

~RICK O. SEVEN FIELDS PA



Mind, Body & Soul Fitness

Good for 1 FREE Class

Zumba, Yoga, Pilates, Kickboxing. TRX Suspension or Cardio Sculpt

New Members Only

2881 Leechburg Rd. Lower Burrell (Stewart Plaza)

724-472-7412

Check out our schedule at MBSlowerburrell.com



Snner Reace, Outer Beauty

All Hair Services

Body Treatments ★ Facials ★ Massages ★ Waxing Manicures ★ Pedicures ★ Parties ★ Special Events

\$20 OFF Any Hair Color Service

Please present coupon. New clients only. Not valid with other offers. Expires February 29, 2012

*A*VEDA www.StonewaterSalonandSpa.com

5326 Clairton Blvd. (Rt. 51) Pittsburgh, PA 15236 (412) 335-8866

SPIN INTO FALL!





fast · convenient · affordable

FREE ENROLLMENT & 1 FREE TRAINING SESSION

Offer Expires 10/31/2011

Limit one per household. No cash value. Access card fee, other fees and some restrictions may apply. Valid only for local residents on first visit at participating clubs. ©2011 Snap Fitness, Inc.

HARRISON CITY 724-744-7779

1075 Harrison City-Export Rd. Harrison City, PA www.snapfitness.com/harrisoncity

PENN TOWNSHIP 724-744-7775

120 Tropiano Plaza & Route 130 Penn Township, PA www.snapfitness.com/irwinpa



SINAP SELLINESS 24.7

fast · convenient · affordable

NO DUES UNTIL 2012

The sooner you join, the more you save!

Offer expires 12-31-11. *Access card and initiation fee apply.

HARRISON CITY 724-744-7779

1075 Harrison City-Export Rd. Harrison City, PA

www.snapfitness.com/harrisoncity w

PENN TOWNSHIP 724-744-7775

120 Tropiano Plaza & Route 130 Penn Township, PA

www.snapfitness.com/irwinpa



HARRISON CITY 724-744-7779

1075 Harrison City-Export Rd. Harrison City, PA www.snapfitness.com/harrisoncity PENN TOWNSHIP 724-744-7775

120 Tropiano Plaza & Route 130 Penn Township, PA www.snapfitness.com/irwinpa

fast - convenient - affordable

5 MONTHS

New & Existing Members!

*With Any 18 Month Prepaid Membership

SEE OUR AD INSIDE.



Prices start at \$19.99/mo

1341 McLaughlin Run Road, Pittsburgh, PA 15241 412-257-8788 • www.stclairracquet.com

30-day FREE Trial Membership Coupon

- Premiere Silver&Fit® facility
- Home of Instinct Fitness-Kettlebell training
- 10 Racquetball Courts Cardio, *Yoga, *Cycling
- Free Weights Circuit Training Aerobic Classes • Nursery • AquaMassage • *Les Mills BodyPump and BodyCombat • Full
- Locker Rooms Racquetball Leagues *Premium Classes FREE Show this coupon at the front desk to receive 30-day FREE single

membership. Valid for previous and new members only.



Prices start at \$19.99/mo

1341 McLaughlin Run Road, Pittsburgh, PA 15241 412-257-8788 • www.stclairracquet.com

30-day FREE Trial Membership Coupon

- Premiere Silver&Fit® facility
- Home of Instinct Fitness-Kettlebell training
- 10 Racquetball Courts Cardio, *Yoga, *Cycling
- Free Weights Circuit Training Aerobic Classes • Nursery • AquaMassage • *Les Mills BodyPump and BodyCombat • Full
- Locker Rooms Racquetball Leagues *Premium Classes FREE Show this coupon at the front desk to receive 30-day FREE single

membership. Valid for previous and new members only.

A place of relaxation for healthier, rejuvenated, younger looking skin without harmful chemicals, needles or undergoing surgery.

Sweetest Lounge

416 Allegheny River Blvd. Suite 202 • Oakmont, PA

412-828-8500

SERVICE
Limit one per customer.
Expires 1-13-11

30% OFF

ANY

www.sweetestlounge.com

"MERRY FITNESS AND HAPPY NEW REAR!"



Trainer J's Personal Training Studios
"New Year's Resolution Program"

21 Day Rapid
Fat Loss Program \$149

FREE Yoga, Boot Camp, Nutritional Book 412-408-3335 | www.trainerj1.com ASPINWALL, PA 15215



www.WeightLossAnswerman.com
"This is a life transformation. It's the real deal!

I lost 49 pounds of fat in 40 days, lowered my blood pressure, and I feel great!" -Kevin B.