

# HEALTHY CONNECTIONS

**EMPOWERING OUR COMMUNITY ONE "BODY" AT A TIME**

Wellness Program of the African People's Education & Defense Fund, Inc. December 2005  
1327 Dr. ML King (9th) Street South, St. Petersburg, FL 33705 (727) 821-2437 [www.apedf.org](http://www.apedf.org)

## NEW YEAR'S SPECIALS

**\* During JANUARY, 2006**  
**Join for 2 months, get 1 month free —**  
**for yourself or a friend/family member**



**\* JANUARY 2 - 8, 2006 ONLY**  
**JOIN for only \$9.99 for one month**

**\* JOIN FOR ONE YEAR - SAVE \$25**  
**One year for only \$225 during Dec. 2005 & Jan. 2006**

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1327 Dr. MLKing Jr. St. So., St. Petersburg, FL 727-824-5670

Hours: Mon. - Fri. 6am - 9pm, Sat. 8am - 4pm, Sun. 12 - 4pm

## **Join the APEDF Wellness Committee**

**Get involved to improve health in the African community!**

- \* Help write, produce, distribute Healthy Connections Newsletter
- \* Help promote the fitness classes and gym services to the community:  
distribute flyers, send out media announcements, attend community events
- \* Help put on health fairs, seminars and special events for the community

**Call 727-824-5670 or 727-821-2437**

# **ALL PEOPLE'S TYRON LEWIS COMMUNITY GYM**



## **GREAT EQUIPMENT**

- State of the art FLEX machines
- Free Weights
- Cardiovascular equip
- Steam room and shower



## **FRIENDLY, SUPPORTIVE ATMOSPHERE**

- Free orientation & personal fitness plan
- All ages, levels of training welcome in a



**1327 ML KING ST. SO.  
ST. PETERSBURG, FL**

## **CONVENIENT HOURS:**

Monday - Friday 6 AM - 9 PM

Sat 8 AM-4 PM Sun. 12-4 PM

## **FREE ONE WEEK GYM MEMBERSHIP**

with this flyer. One per person.

## **APEDF Wellness Program Abdominal Exercise**



## **Classes**

**Mondays,  
Wednesdays,  
& Fridays  
8:00 - 9:00 pm**

**FREE FOR MEMBERS!! \$3<sup>00</sup> per class or \$25/month non-members**

**All People's TyRon Lewis Community Gym**

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