

HEALTHY CONNECTIONS

EMPOWERING OUR COMMUNITY ONE "BODY" AT A TIME

Wellness Program of the African People's Education & Defense Fund, Inc. January 2006
1327 Dr. ML King (9th) Street South, St. Petersburg, FL 33705 (727) 821-2437 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

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

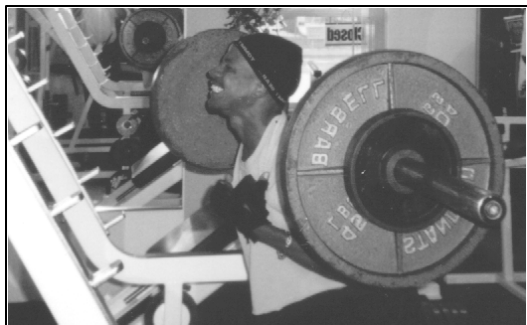
Hours: Mon. - Fri. 6am - 9pm, Sat. 8am - 4pm, Sun. 12 - 4pm

How to Tone Your Abdominals Through Weight Training

Thursday, January 19 @ 7:00pm

TyRon Lewis Community Gym
1327 MLKing Jr. St. So., St. Pete
For more info: 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^{.00} per class or \$25/month non-members

**All People's TyRon Lewis Community Gym
1327 Dr. ML King Jr. Street So., St. Petersburg, FL 727-824-5670**