

INDOOR EVENT

Are you coming to the 9th **PHILLYFIT** **Bash!** **SUNDAY,** **MAY 17th** **11-3**

\$5 ENTRANCE FEE
KIDS UNDER FIVE FREE

- Tae Bo
- Karate
- Pilates
- Yoga
- Self Defense
- Aerobic Dance
- Belly Dancing
- Home Remedies
- Healthy Cooking Demos
- In Home Workouts
- Gym Workouts
- Outdoor Workouts

PhillyFIT.com

FAIRMOUNT ATHLETIC CLUB - 499 SOUTH HENDERSON ROAD - KING OF PRUSSIA

**80-100 LOCAL BUSINESSES COME TOGETHER
TO FORM THE BIGGEST WORKOUT PARTY
YOU'VE EVER SEEN!**

**GYMS, YOGA, KARATE, DANCE STUDIOS, ETC.
ALL FOR YOUR ENTERTAINMENT AND EDUCATION!**



TREAT YOURSELF

- **De-stressing Area**
 - * Free Massages
 - * Holistic Healing Tips
 - * Acupuncture
 - * Essential Oils Demonstrations
 - * Reiki
- * Reflexology
- * Shiatsu
- **Beauty Makeovers**
 - * Hair
 - * Make-up
 - * Fitness Fashion & Clothing
- **Skin Care**



BRING THE KIDS!

Come see your favorite costume characters and enjoy:

- Balloon Twisting
- Moon Bounce
- Face Painting
- Sports Games
- and Exercise Demos Just for Them!



HELP OTHERS!

- **WAGS Animal Rescue** - Adopt a furry friend, live pets onsite
- Portion of **BASH** proceeds go to their charity

MEDIAL HEALTH SCREENINGS!

- Bodyfat testings

TONS OF HEALTHY FOODS & SAMPLING

