

HEALTH & Fitness

Boxing Classes

FRANKLIN BOXING AND FITNESS ACADEMY
Offers
LADIES BOXFIT CLASSES!!

BURN UP TO 800 CALORIES IN A SINGLE SESSION!

MONDAY - FRIDAY 6:30 AM & 6:00 PM

1213 LIBERTY STREET FRANKLIN, PA 16323
814-227-4328

ALL LEVELS WELCOME

Full Body Workout
Boost Cardio
Build Strength & Confidence
Burn Calories & Stress

Dance School

Vandyke & Company

**FALL
REGISTRATION
& DANCE WEAR
FITTING
AUGUST 29**

**9:00AM to Noon,
Punxsy Studios at
101 E. Mahoning St.**

"It's a Nutcracker Year"

Call or Email for more information at
814-938-8434 • Email: vandykeco@gmail.com
www.vandykeandcompany.com



Dance School

Thomas School of Dance

Woman owned in Oil City, PA since 1974

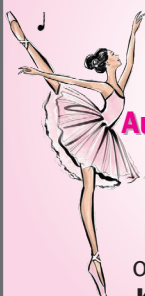
♪ Dance instruction for students
ages 3 through
12th grade.

OPEN HOUSE
August 19th • 6:00-7:30

Located on East 1st Street,
Oil City above Friedhaber's

Find more information
on **Facebook** or contact
Kelly at **814-673-4125**

Classes begin September 8th, 9th and 10th



Fitness Equipment

PRIME



PRIME PURPOSE

PRIME fitness equipment is the new standard in maximizing any fitness program. Proudly made and manufactured in the USA, PRIME combines innovation, durability and aesthetic designs to produce fitness equipment with superior performance that lasts. **Find your PRIME.**

855.269.4378 • WWW.PrimeFitnessUSA.com
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