



Sweat Sessions: New Date

JOIN US, STARTING JUNE 14th

The class consists of a fun and intense
cardio circuit outside!

Talk about TIRE FLIPPING fun!

Every Thursday at 4:45 - 5:30 p.m.

Pay \$8.50 per class or use a punch card.

**Questions? Call the
Coudersport Wellness**

814-274-5353

1001 East Second Street

UPMC Cole