

Join us for these awesome new fitness classes!

WellBarre offers the benefits of three separate workouts: barre, yoga, and Pilates. By mixing elements of these workouts, these classes will work your body from head to toe in a low-impact series of movements, and successfully deliver beautiful results without any strain to your joints. Although this class will raise your heart rate at times, and promises to burn fat, it is not a cardio workout and is safe for all body types.



Beyond Barre is a more concentrated and intense 25 minute workout where you will exhaust your legs, seat, abs, and arms using small, contracting muscle movements followed by a lengthening movement series.

PiYo combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga. Plus, we crank up the speed to deliver a true fat-burning, low-impact workout that leaves your body looking long, lean, and incredibly defined. No matter your age, no matter your body type, PiYo will help give you dramatically visible, incredibly beautiful results. Moves can be modified for all levels.



Visit our website, www.welloflifecenter.com, for more information and class dates, times, and prices.

Cooking Classes

Special Event: Kids' Cooking Class!

Monday, February 16th, 10 am

On the menu: Cra-mazingly Easy Breakfast, Da-Bomb Cali-Pizza, No "Mc" Chicken Nuggets, Undercover Pudding, Totally Raw Walnut Fudge Brownie

This special class is for kids ages 8 and up! Cost for each class is \$30 per person; Call 610-847-1941 to sign up!

Intermediate II Cooking Certification Class

Saturday, February 21st, 10 am

Continue on the journey of healthy meal preparation and cooking as we build upon the skills you have learned in the Beginner Series, and add more complex cooking techniques to your repertoire! In this class, we will cover the Essentials of Freezing!

All Certification classes are held in our Ottsville office and cost \$50.

Don't miss our special

Date Night Cooking Class: Love in the Kitchen

this Valentine's Day!

On the menu:

Baba Ghanoush

Avocado and "A-Love" Salad

Sweet Mashies

Crimini Lamb Chops and Rosemary

Cuddled Brussels

Chocolate Torte with Salted "Caramel"

Saturday, February 14th, 6 pm

\$75 per couple

Call 610-847-1941 to register.

8340 Easton Road, Ottsville, PA 18942 | 610-847-1941 | www.welloflifecenter.com

The Farm at Doylestown, 201 Farm Lane, Doylestown, PA 18901 | 215-340-3930

801 West Broad Street, Bethlehem, PA 18018 | 610-419-8881