

DANIEL WYNNWynn Fitness
Registered Personal Trainer

Daniel Wynn is a Certified Personal Trainer that specializes in training for weight loss, muscle gain, Special Conditioning training and overall weight room education. He really enjoys working with individuals that are new to the gym and want a fresh start in fitness. Daniel has been active his entire life. In high school he wrestled, ran track and played football where he went off to play in college and NFL. Currently he still plays club football and is focused on getting stronger so he can become a power lifter. Daniel is always ready to help his clients get results!

JULY SPECIAL
10 SESSIONS ONLY \$400!

To Learn more about Daniel & what personal training with him can do for you, contact him at wynnpower22@gmail.com

**Summer To Do List:**

- Strengthen your Core
- Find your Balance
- BE AWESOME**

REFER A NEW, REGULAR, ANNUAL MEMBER AND GET GIFT CARDS FOR ONE OF THESE AMAZING RESTAURANTS!

ROSSI'S

HAIR STUDIO

FREE HAIRCUT
when you refer a new, annual member.

202 S. 12TH STREET • 215.645.2220 • GREGSALON.COM

BAR FOGO

HAPPY HOUR
A LITTLE RELAXED, A LOT OF FUN

- \$4. Brazilian Bites & Beers
- \$6. South American Wines
- \$8. Brazilian Inspired Cocktails

Monday-Friday 4:00pm-6:30pm BAR AND ONLY

FOGO DE CHÃO
BRAZILIAN STEAKHOUSE

Contemporary Midtown
American Restaurant
with Raw Bar,
Extensive Craft Beer
& Wine Lists

1145, 12TH St.
267.639.5606
pennsylvania6philly.com



Pilates Mat
Monday & Wednesday
12:00 PM • Studio 2
Beau/Christina

Off The Barre
Thursday 5:30 PM
Friday 12:00 PM
Studio 2 • Linnea

Pilates Mat
Saturday
11:00 AM • Studio 2
Marie

Kristin Nablette, Group Fitness Director, knablette@12streetgym.com

FREE SMALL GROUP PERSONAL TRAINING*

*Must register in advance for these classes. Included FREE with your 12th Street Membership!



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	7 am with Megan	7 am with Sheena	7 am with Noe		10 am with Sheena	10 am with Megan
6 pm with Noe		6 pm with Noe		6 pm TRX with Fernando*	1 pm TRX with Fernando*	

*Studio 1 is reserved for the duration of this class. To Enroll for Sessions Contact:
Noe, go2maxfitness@yahoo.com, Megan, megananino@vigorvida.com,
Sheena, sheena.ohlig@gmail.com or Fernando, riosfernando7@aol.com.

★ ★ ★ ★ ★ ★ ★ ★

\$29 MONTHLY unlimited basic TANNING

Gym membership not required.
Offer expires 7.31.17

soleil TANNING

204 South 12th Street,
Philadelphia, PA 19107
215.965.4092
soleiltanning.com
Discounted parking nearby

IT'S AS EASY AS 1,2,3!

You've had 1) a good workout at the gym, 2) a shake or smoothie at the Cafe, wouldn't it be great to just dash around the corner and 3) YOU'RE HOME! All this could be yours, IF you choose Chancellor Apartments for your new home! Studios & 1 Bedroom apartments with heat and hot water included. On-Site Laundry Facilities, Management & Maintenance, 24-Hour Door Staff, On-Site & Controlled Access Entry System.
Chancellor Properties, Inc. 206 South 13th Street, 215.736.8404

BEAUTIFUL FLORAL ARRANGEMENTS BY ALMEIDAS

The floral arrangements at 12th Street Gym are provided by Almeida's Floral Designs, located at 1200 Spruce Street. Almeida's talents far beyond its location & include event planning, weddings & commercial projects. 12th Street Gym members receive a 10% discount off all floral needs!
1200 Spruce Street • 215.545.5555 • almeidasdesigns.com

YOU BELONG TO MORE THAN 3,000 FITNESS CLUBS

From London to Tokyo, New York to L.A. and all the stops in between. 12th Street's Passport Program gives you access to more than 3,000 quality gyms across the U.S. and around the world. If you're hitting the road, stop at Member Services for details. To see club selections visit healthclubs.com. Visit Member Services for more information.

SMILE, YOU'RE AT 12TH STREET!

The talented DR. KEN CIRKA is 12th Street's "official dentist," just a short walk from the gym! Ken, a 12th Street Gym member, specializes in esthetic and general dentistry in a comfortable, convenient location with hours to fit your busy schedule. 12th Street Members receive 10% OFF all first visit services. Dr. Cirka's office is at 1601 Walnut St. Suite 1302.
For more information, call 215.668.6222 or visit phillydentistry.com.

1112 Locust Street
Philadelphia, PA
215.592.6505
@Hummusology

Hummusology
PHILADELPHIA

Pool renovations are still being completed. Due to this being an extensive renovation, completion is projected for late Summer. We apologize for any inconvenience.

IT'S ALL ABOUT
HEALTH

CC
Camac Center
at 12th Street
personal care & fitness services
Conveniently located right next door

- 12TH STREET CHIROPRACTIC:** Get Adjusted! Specializing in Diversified Technique
- ARS PARLOUR:** 3rd Location for André Richard Salon, world trained stylists. www.andrerichardsalon.com
- ASHLEY KING:** Holistic psychotherapy, flower essence therapy & private Yoga instruction
- BREATHE³:** Full range of massage and essential oil services
- BROOKE LANIER FINE ART:** Fine art, group & private lessons
- DISCOVER TOUCH:** Various massage techniques including: Deep Tissue & Hot Stone
- FORZA HEALTH & WELLNESS:** Full Line of Massage Therapy, Fitness and Nutrition Services
- GROUNDWORK MASSAGE THERAPY:** Rejuvenate your mind, body and spirit
- DR. IRMGARD BERTELSEN:** Psychiatric services
- JESSIE TIMMONS, LCSW:** Psychotherapy & counseling services
- JOLTIN' JABS:** The Best in Boxing Fitness
- KIDS ON 12TH:** Fitness for kids
- MASSAGE BY CHAND:** Relax and rejuvenate
- MUSCLE MANAGEMENT SERVICES:** Therapeutic massage and body work
- PHLOAT:** Sensory deprivation flotation to experience spaciousness and meditative presence
- PILATES ON CAMAC:** The best Center City Pilates instruction
- PROFESSIONAL TOUCH FITNESS:** Cross Training & Boot Camp Fitness with Sgt. Nate
- RADIANCE PSYCHOTHERAPY:** Counseling services for individuals, couples and families
- REBALANCE PHYSICAL THERAPY:** One on one manual therapy
- ROSSI'S HAIR STUDIO:** Expert hair care, skin care & massage
- STILL POINT AYURVEDA:** Massage, Yoga & Ayurveda Health Services, based on traditional Indian Medicine
- TRANQUILITY MASSAGE THERAPY:** Specializing in Integrative Manual Massage for Chronic Pain
- TRIBE COMMONS:** Co-working rooted in Jewish community & values
- YOUR STARTING LINE:** Full service triathlon coaching - USAT certified
- YOUTH REJUVENATION CENTER:** Botox, Hair Restoration, Laser Hair Removal & more



WIN A FREE MASSAGE

Stop by Member Services to Enter!
Drawing will be held August 2, 2017.

12th Street Gym Members:

20% OFF Expires 7.31.17
your first massage with Dan

Swedish, Deep Tissue, Thai, Aromatherapy, Reflexology,
Polarity, Reiki, Certified Shirodhara, Chair and Maternity Massage

Breathe³ • Second Floor, Camac Center • 215.901.0899

204 S. 12th Street • 215.985.4092 • 12streetgym.com

12th STREET GYM

StreetWISE

July 2017
Volume 17
Number 7

NOW IN OUR 30th YEAR

Celebrate Savings

2 YEARS
\$699

Small, one time start up fee for new members.

Offer expires 7.31.17



Thanks for being a member!

DON'T LET YOUR MEMBERSHIP EXPIRE!

Stop by Member Services, call 215.985.4092 or
visit 12streetgym.com to renew or extend today!

A lapse in membership requires payment of a \$99 Initiation Fee to rejoin.



204 S. 12th Street • 215.985.4092 • 12streetgym.com