

IT'S ALL ABOUT  
HEALTH

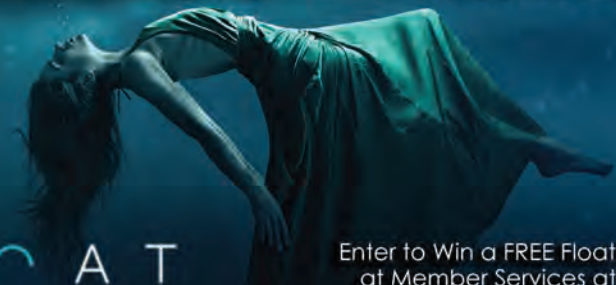
**CC**  
Camac Center  
at 12th Street

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](http://www.andrerichardsalon.com)
- ASHLEY KING:** Holistic psychotherapy, flower essence therapy & private Yoga instruction
- BREATHE<sup>3</sup>:** 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 floatation 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

make your stress float away

Experience Sensory Deprivation Therapy for FREE



PHLOAT

1st Floor of the Camac Center  
215.792.3623 • [phloatphiladelphia.com](http://phloatphiladelphia.com)

Enter to Win a FREE Float for you & a friend  
at Member Services at 12th Street Gym

To learn more about the benefits of floatation  
therapy, visit [phloatphiladelphia.com](http://phloatphiladelphia.com)

204 S. 12th Street • 215.985.4092 • [12streetgym.com](http://12streetgym.com)

**12<sup>th</sup> STREET GYM** StreetWise

May 2017  
Volume 17  
Number 5

NOW IN OUR 30<sup>TH</sup> YEAR



some moms  
**Lift**  
more than just their kids

2 Year Gym  
Membership

**\$699**  
Expires 5.31.17

**12<sup>th</sup> STREET GYM**

Be you. Be fit.  
Be strong.

Ayoola Toyer,  
Massage Therapist & owner  
of Muscle Management Services  
in the Camac Center at  
12th Street Gym,  
& her daughter, Camryn.

Thanks for being a member!

DON'T LET YOUR MEMBERSHIP EXPIRE!

Stop by Member Services, call 215.985.4092 or  
visit [12streetgym.com](http://12streetgym.com) to renew or extend today!

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



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**CHRIS LUDWIG**  
Registered Personal Trainer



With over 15 years of experience working in the fitness field, Chris Ludwig embodies the health and fitness lifestyle. He is certified through (NASM) National Academy of Sports Medicine, as well as (CPR) certified through the American Red Cross.

Chris' expertise spans over a wide range of fitness areas, such as weight loss, sports conditioning for athletes, corrective exercise for clients with postural dysfunction, rehabilitation from injury, Boot Camp training, sport skill training, and metabolic conditioning. He has also held the position of Fitness Director, while working for a Physical Therapy/Rehabilitation clinic assisting therapists first hand as needed.

Chris has helped various demographics of clients achieve their fitness goals, by devising safe, effective, results-driven programs tailored to each person's specific needs, and hopes to guide you on your fitness journey in the near future.

**To Learn more about Chris and what personal training with him can do for you, contact him at [BodyMatrixPT@outlook.com](mailto:BodyMatrixPT@outlook.com).**

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



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Upscale Brazilian steakhouse with all-you-can-eat meat carved tableside plus an extensive salad bar  
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[pennsylvania6philly.com](http://pennsylvania6philly.com)



**SAXBYS**  
@ 11th and Locust

**FREE COFFEE EVERY MONDAY IN MAY, 4 - 7 PM**  
in the Café at 12th Street  
*Courtesy of Saxbys!*

COFFEE, SMOOTHIES, COLD-PRESSED JUICES & MORE JUST AROUND THE CORNER.

10 TANS Basic Tanning  
**\$59**  
Expires 5.31.17

**soleil TANNING**  
Inside 12th Street Gym  
[soleiltanning.com](http://soleiltanning.com) • 215.735.8786  
Membership not required

**FREE SMALL GROUP PERSONAL TRAINING\***

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



Noe Espinosa



Shannon Halligan



Megan Nino

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7 am Yoga with Shannon*	7 am Yoga with Shannon*		7 am with Noe	7 am Yoga with Shannon*		10 am with Megan
	7 am with Megan					
6 pm with Noe		6 pm with Noe				

\* Studio 2 is reserved for the duration of this class. To Enroll for Sessions Contact: Noe, [go2maxfitness@yahoo.com](mailto:go2maxfitness@yahoo.com), Megan, [megananino@vigorvida.com](mailto:megananino@vigorvida.com), or Shannon, [rsrose4231@aol.com](mailto:rsrose4231@aol.com).



**Madonna'Licious Cardio Groove**  
Monday • 7:30 pm  
Studio 2 • Eugene

**Madonna'Licious Cardio Groove**  
Friday • 12:00 pm  
Studio 2 • Eugene

Group Fitness Director: Kristin Noblette  
[knoblette@12streetgym.com](mailto:knoblette@12streetgym.com)



**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, 215.735.8404**

**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](http://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](http://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 215.568.6222 or visit [phillydentistry.com](http://phillydentistry.com).



The Pool at 12th Street Gym is scheduled to open June 1!