

IT'S ALL
HEAT
TREAT

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

- 12TH STREET CHIROPRACTIC:** Get Adjusted! Specializing in Diversified Technique
- ARS LAB:** An André Richard Salon Concept. 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
- PAUL STRUCK MASSAGE THERAPY:** Healing & Relaxing Bodywork
- 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
- 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

**ARS
LAB**
AN ANDRÉ RICHARD SALON CONCEPT

All the services you need, from haircuts & hair color, highlights, ombre, balayage, mens haircuts, relaxers, keratin treatments, hair extensions, make-up, bridal services and more.

Redken, Devacurl, Pureology, and ARS Hair Care lines to maximize your hair's beauty and health.

Specially trained stylists who love what they do with an on-site owner with 20 years experience in beauty services featured in films, fashion, television, and more.

Check out our website www.andrerichardsalon.com to see latest news and salon promotions!

THURSDAYS IN OCTOBER: Enjoy 20% OFF Your Entire Visit!

2nd Floor of 12th Street Gym • 215.735.1591 • www.andrerichardsalon.com

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

12th
STREET
GYM

StreetWISE

October 2017
Volume 17
Number 10

NOW IN OUR 30TH YEAR

Wicked Savings

12th
STREET
GYM

2 Years
\$699

NOW THROUGH
HALLOWEEN
ONLY!

Additional, small one-time start-up
fee for all new memberships.

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

MICHAEL FIGUEROA
Registered Personal Trainer



Michael Figueroa has a passion for fitness that he has pursued since he was 17. Growing up, he would collect and read Men's fitness magazines, along with comic books, and he always envisioned how he wanted to look, and live. Throughout the years, he has made that a reality, building his knowledge, positivity, strength, wellness, and confidence, and he passes that positive energy on to his clients. Michael's knowledge and experience in fitness and wellness has only increased over the years; his goal is to help his clients transform themselves inside and outside for the better. He feels that the fitness industry challenges him and empowers him to teach others the importance of fitness, and a healthy, and clean lifestyle to encourage, and to create fitness that is tailored to each individual client's goals and needs, while keeping it exciting and always challenging! Michael is a Certified Personal Trainer, Group Fitness Instructor, and Lifestyle coach. Specializing in muscle building, weight loss, boot camp, cardio/muscular endurance, performance training, TRX, and kettle bells, he can guide clients throughout the journey of fitness and wellness. Michael inspires his clients to better themselves, get the results they want, and keep them!

OCTOBER SPECIAL
2 SESSIONS ONLY \$80

To Learn more about Michael & what personal training with him can do for you, contact him at builbymike1225@gmail.com.

\$79 1 MONTH
UNLIMITED ADVANCED
TANNING

Expires 10.31.17



Inside 12th Street Gym
215.985.4092

Gym membership not required
Discounted parking nearby

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



202 S. 12TH STREET • 215.545.2220 • 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 4:30pm-6:30pm BAR AREA ONLY

FOGO DE CHÃO
BRAZILIAN STEAKHOUSE

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

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 215.568.6222 or visit phillydentistry.com.

POOL REOPENING SOON!

Please check postings throughout the gym, on our Facebook page and website for Grand Opening Information!

Thank you for your patience during the renovation process.

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	12 pm with Nick	6 pm with Noe	12 pm with Nick			
7 pm with Marius	6 pm with Bill	7 pm with Marius	6 pm with Bill			1 pm with Nick

*Studio 1 is reserved for the duration of this class. To Enroll for Sessions Contact: Marius, arhiremarius@gmail.com, Bill, wellnessbell@gmail.com, Nick, noexcusesphilly@gmail.com, Noe, go2maxfitness@yahoo.com, Megan, megananino@vigorvida.com, or Sheena, sheena.ohlig@gmail.com



Don't Let These Great Classes Disappear

Pilates Mat
Wednesday
12:00 PM • Studio 2
Christina

Intensity
Thursday
7:30 PM
Studio 1/Outdoors
Midge

Amanda Dance Fitness
Thursday
12:00 PM • Studio 1
Marcel

Cycling
Saturday
8:30 AM • Studio 3
Devery

1112 Locust Street
Philadelphia, PA
215.592.6505
[@Hummusology](https://www.instagram.com/Hummusology)

naturally awesome.
Hummusology
PHILADELPHIA



OCTOBER EVENTS

AIDS WALK SILENT AUCTION

Stop by the Cafe to bid on some great items from local businesses and Camac tenants! All proceeds benefit the Philadelphia AIDS Walk.

SATURDAY, OCTOBER 7

Join Us at the Midtown Village Fall Festival 12 pm-6 pm

SUNDAY, OCTOBER 8

Join Us at Outfest Fall Festival 12 pm-6 pm

TUESDAY, OCTOBER 10

Fall Health Fair in the Cafe from 5-7 pm

Stop by and get tips from the pros on how to get the body you want and keep it this fall!

SUNDAY, OCTOBER 15

AIDS Walk at the Art Museum

Join our AIDS Walk Team! 5k Run begins at 7:30 am, Walk begins at 9:00 am. To join the team, or to make a donation, logon to aidswalkphilly.org/profile/team/0012/024

MONDAY, OCTOBER 16

SILENT AUCTION WINNERS ANNOUNCED

For more information, contact Sherita Johnson, Club Coordinator: sjohnson@12streetgym.com