



Holiday fitness brings holiday cheer.



## RWJ RAHWAY FITNESS & WELLNESS CENTER

An Affiliate of RWJ University Hospital - Rahway

[www.rwjrahwayfitness.com](http://www.rwjrahwayfitness.com)

2120 Lamberts Mill Rd • Scotch Plains, NJ

(908) 232-6100



Our gift to you:

**1 month  
free!\***

see back for details

**Give the gift you know they'll love.**

Holiday gift cards are now available for membership, personal training,  
pilates, swim lessons and much more!



# RWJ RAHWAY

## FITNESS & WELLNESS CENTER

An Affiliate of RWJ University Hospital - Rahway

2120 Lambert Mill Rd. Scotch Plains, NJ  
[www.rwjrahwayfitness.com](http://www.rwjrahwayfitness.com)  
(908) 232-6100

- Areas only medically-based facility guided by a Medical Advisory Panel
- User friendly, month-to-month memberships
- Over 150 group fitness classes every week!
- Aquatic center with junior Olympic lap pool, therapy pool & spa pool
- State-of-the-art strength & cardiovascular equipment
- Results-based programming and personalized approach to fitness & wellness
- Pilates reformer, swim lessons & FitKids program!
- Physical therapy, educational lectures & specialty health programs
- Complimentary on site child care!
- Muscle Maker Grill
- Now open: Roxxi Hair Studio!

**Holiday gift cards are now available!**

\* With this postcard and purchase of membership. Hurry in - Offer ends 12/31/10. Cannot be combined with any other offer. First-time visitors only. Must be 18 years or older. ID required. Some restrictions apply, call for details.

PRSR STD  
U.S. Postage  
PAID  
New Brunswick, NJ  
Permit No. 1



Our gift to you:  
**1 month  
free!\***