

Looks
can be
deceiving.
Just like

how your
body age can
be different
from your
real age.
Come in
and find out
if you and your
body are the same.

Come in for
your free body
age analysis! *

& receive
2 weeks
free! *

See back for details.



RWJ HAMILTON
CENTER FOR HEALTH & WELLNESS

3100 Quakerbridge Road ♦ Mercerville, NJ

(609) 584-7600



RWJ HAMILTON

CENTER FOR HEALTH & WELLNESS

3100 Quakerbridge Road Mercerville, NJ

- Area's only medically-based facility guided by Medical Advisory Panel
- User friendly, month-to-month memberships
- Over 170 group fitness classes every week!
- Aquatic center with junior Olympic lap pool, therapy pool & spa pool
- Health risk assessment with a registered nurse
- State-of-the-art strength & cardiovascular equipment
- Results-based programming and personalized approach to fitness & wellness
- Physical therapy, nutrition seminars, educational lectures & specialty programs
- Pilates reformer, swim lessons & FitKids program!
- Free on-site child care!
- Mulberry Street Bistro

(609) 584-7600

www.rwjhamiltonwellness.com

**Come in for your
free body age analysis
& receive 2 weeks free!***

* With this postcard and purchase of membership. Hurry in - Offer ends 8/10/10. 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.



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**you find to
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BAYSHORE

Fitness & Wellness Center

an affiliate of Bayshore Community Hospital

Hazlet:

(732) 335-4200

Old Bridge:

(732) 525-2900

BAYSHORE

Fitness & Wellness Center
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1420 Highway 36 • Hazlet, NJ
1044 US Highway 9 • Parlin, NJ

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- State-of-the-art strength & cardiovascular equipment
- Results-based programming and personalized approach to fitness & wellness
- Physical therapy, educational lectures & specialty health programs
- Pilates reformer, swim lessons & FitKids program!
- Free on-site child care!
- Massage therapy and spa services†

www.bayshorefitnessandwellness.com

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RWJ RAHWAY
FITNESS & WELLNESS CENTER

An Affiliate of RWJ University Hospital - Rahway
2120 Lamberts Mill Rd ♦ Scotch Plains, NJ

(908) 232-6100



RWJ RAHWAY
FITNESS & WELLNESS CENTER
An Affiliate of RWJ University Hospital - Rahway

2120 Lamberts Mill Rd
Scotch Plains, NJ

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- 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
- Physical therapy, educational lectures & specialty programs
- Pilates reformer, swim lessons & FitKids program!
- Complimentary on-site child care!
- Muscle Maker Grill
- Now open: Roxxi Hair Studio!



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