

# PILATES SPRING SPECIAL

*May 4<sup>th</sup> - June 30<sup>th</sup>*

Bring a friend for free with purchase  
of private session 6-pack!\*

For more information, please contact Jennifer at  
[jenniferm1@fitnessandwellness.org](mailto:jenniferm1@fitnessandwellness.org) or  
(609) 584-7600.



**RWJ HAMILTON**  
CENTER FOR HEALTH & WELLNESS

\* Limit 2 private session 6-pack per person. Participating friend is open to members and non-members, but cannot be a current Pilates Reformer client.

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*For more information, please contact Nikki at  
[nikkic@fitnessandwellness.org](mailto:nikkic@fitnessandwellness.org) or  
(609) 683-7888.*



Princeton  
Fitness & Wellness Center

An Affiliate of University Medical Center at Princeton

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For more information, please contact Doreen at  
[doreenm@fitnessandwellness.org](mailto:doreenm@fitnessandwellness.org) or  
(732) 525-2900.



ROBERT WOOD JOHNSON  
FITNESS & WELLNESS CENTER

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*For more information, please contact Aster at  
[asters@fitnessandwellness.org](mailto:asters@fitnessandwellness.org) or  
(732) 335-4200.*



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For more information, please contact Debbie at  
[debbieh@fitnessandwellness.org](mailto:debbieh@fitnessandwellness.org) or  
(908) 232-6100.



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

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*For more information, please contact Patti at  
[pattis@fitnessandwellness.org](mailto:pattis@fitnessandwellness.org) or  
(732) 845-9400.*



***CentraState***  
*Fitness & Wellness Center*

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