



THERE ARE
168 HOURS
IN A WEEK,

TAKE
TWO FOR
YOURSELF.

one
week
free!
*see details on back.



Princeton
Fitness & Wellness Center

An Affiliate of University Medical Center at Princeton

(609) 683-7888

1225 State Road • Princeton, NJ



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www.princetonfitnessandwellness.com

(609) 683-7888

- Area's only medically-based facility guided by 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
- 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, specialty programs, educational lectures & nutrition seminars
- Pilates reformer, swim lessons & FitKids program!
- Complimentary on-site child care!
- Full service day spa



Now
accepting
enrollments
for Fall Swim
Team!

one week!^{*}
free

* With this postcard and purchase of membership. Hurry in - Offer ends 9/10/10. 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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