 **Philly Fire’s Motivated Fitness** 

**Local 22’s Health and Wellness Initiative**

**100% FREE** Fitness and Nutrition plan for ALL Health Plan members (including spouses and children).

**Firehouse Workouts**- instructor taught group workouts at your station. Contact Chris Craig (L13/C) at 267-266-2026 or Mike Cardona (E40/D) at 215-870-3438 for information/scheduling.

**Personal Training**- programming designed to meet your individual goals, schedule, and interests. Contact Josh Guevara (E61/D) at 267-441-2134 or any trainer to schedule a consultation.

**Nutritional Coaching**- schedule an individual or group consultation. Contact Steve Plakiotis (L13/A) at 321-794-8617 for information.

**Bootcamps**- group workout classes adapted and modified for all levels. Weekly schedule:

**Philly’s Next Champ** (1810 Grant Ave, 19115):

**FIT Southampton** (60 James Way, 18966)

Check FIT Southampton’s website for group fitness schedule – over 40 a week) \*\*TRIAL PERIOD HOURS MAY CHANGE\*\*

 Mon, Wed, Fri- 8:30 AM and 10 AM

 Mon-Fri- 7PM

 Sat- 8:30 AM

**Fire for Effect** (123 Leverington Ave, 19127): **CrossFit Prime**: 220 Geiger Road #106,19115

 Mon-Fri- 8:15 AM and 11 AM Tues & Thursday: 11 AM and 7:30 PM

**Prime Time Training** (426 E Allegheny Ave, 19134): Saturday and Sunday: 11:15 AM

 Mon-Fri- 7 PM \*\*TRIAL PERIOD HOURS MAY CHANGE\*\*

 Sat- 10 AM

**Open Gym**- Take advantage of our certified personal trainers on site for assistance/programming or simply come in and get a workout in Mon-Fri between 8 AM and 2 PM at Philly’s Next Champ!

 \*visit our website @ pfmfitness.com\* Contact @ Danny Granroth- 267-574-3322 dgranroth@pfmfitness.org