



Executive Offices

1111 Avenue of the States Chester, Pennsylvania 19013 610-876-5561 Fax: 610-876-0304 www.chesterha.org

The CHA Fitness Challenge

**Do you want to get in
great shape and learn
about healthy eating options?**

**Do you prefer to workout
Where you live and with
a group of highly motivated individuals?**

**Join The CHA Fitness Challenges.
Spring, Winter, Summer and Fall
We've got a 10 or 12-week challenge
That could be perfect for you.**

**Dance, yoga, Zumba,
Kickboxing and more!
Four times each week!**

**The Booker T. Washington Center
611 Central Avenue.**

**610.876.5561 Ext 131
For more information**