

It's a Sweetheart of a Deal!

FEBRUARY 1-14

A special Pennock Health & Wellness membership drive!

No Initiation Fee when you pay for 3 months of dues up front.
Call **269.948.3139** or stop by the front counter for more details.



Ask us
about our new
AquaZumba® classes
starting in February!



Known as the Zumba® "pool party," Aqua Zumba integrates the Zumba formula with aqua fitness disciplines. An Aqua Zumba class blends it all together into a safe, challenging, water-based workout that's cardio-conditioning, body-toning, and most of all, exhilarating beyond belief.

CLASSES AVAILABLE EVERY DAY! *Classes, descriptions, days and times are available at www.pennockhealth.com*



PENNOCK HEALTH & WELLNESS

915 W. Green Street, Hastings • 269.948.3139

Come enjoy the extraordinary experience of our Health & Wellness Center!