

Wellness Happenings!

October 2017
908-625-9508

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onefitnfirm@yahoo.com

Fit 'N' Firm studio is making changes.
Email or call to reserve your spot.

Fit 'N' Fun Play Group

Every Wednesday Starting October 4, 10:30-11:30 AM \$5
Fitness fun! Fit 'N' Firm is pleased to announce the Fit 'N' Fun Play Group! Parents, caregivers, and children 18 months to 3 years are welcome!

Yoga!

Sunday 1, 15 (free), 29
Tuesday 17 (free), 24
Saturday 21 (free)

Marissa Quiampang has been practicing yoga for over 12 years. She received her 200 Hr YTT certificate in May 2017. She shares her love of yoga by teaching gentle poses and some philosophy. Her classes are accessible for all body types, all ages, and all abilities. Marissa believes that yoga is for everyone who has the desire to practice or just want to try something new. All levels are welcome!

Fall Wellness

Presentation

Tuesday, October 10,
6-7 PM

Learn how to strengthen your immune system with essential oils.

Presentation is free.

Zumba!

Monday 16 (free), 30

Norma Traconis and her family moved to Flemington NJ a year ago. She has lived in Mexico, Germany, Switzerland, and the USA. She has loved dancing her whole life. Nine years ago, Norma discovered Zumba, and in 2015 she finally decided to get her license. She had nice mentors in Pennsylvania who let her practice there. Since she arrived in New Jersey, Norma has been a substitute instructor at KickQuest Martial Arts Family in Flemington, and is currently subbing at Health Quest and the YMCA. She's very excited to start this new project at Fit 'N' Firm!

The Art of Setting Healthy Boundaries

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In this workshop, you will be able to explore the art of understanding and mastering boundaries. Setting boundaries is an act of love and respect for yourself and others, but many of us don't feel that way. So let's get clear about your absolute right to set healthy and reasonable boundaries!

Monday, October 23 7-9 PM

\$25 at door

\$20 with RSVP

Payment by check or cash at Fit 'N' Firm, or contact Mary Elliot at

melliott125@yahoo.com or
(908) 625-2238 for Paypal.

Open House

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Week of October 15!
Check the calendar for specific times.
Come in for free yoga and zumba classes!