



*Bariatric
Weight Loss
Class*

FREE 20-20-20 Fitness Class for Bariatric Patients

20 yoga, 20 resistance, 20 cardio

Bring water, light weights, yoga mat and towel.

When: **Wednesdays**
(Except Holidays)

Time: 6:30 - 7:30 p.m.

Place: **Jefferson Health**
1099 White Horse Road
Voorhees, NJ 08043

Instructor: Cindy Sporer

To register, call
856-346-6470.



Jefferson Health®

HOME OF SIDNEY KIMMEL MEDICAL COLLEGE

Note: In the event of inclement weather or other emergencies, please visit our Bariatrics website or Facebook page to check for class cancellations.