

# The Aerobic Center Latest News and Upcoming Events

FEBRUARY 12, 2018



## DISCOUNTS FOR MEMBERS:

Show your membership card at the following businesses

- **Gingerbread Man Running Co.**  
Eastgate Shopping Center, Rt. 30, Greensburg Get 10% off. 724-691-0746
- **Sun Dawg Café, 41 N. Main Street, Greensburg** -Get 5% off your order.
- **Lynch Field Dairy Queen**- Get 10% off your order.
- **Texas Roadhouse**  
Receive a FREE APPETIZER with the purchase of 2 entrees.
- **Caffe Barista**  
7 W. Otterman St.  
Get 10% off
- **Wingharts Burgers**  
behind Westmoreland Mall. Get 15% Off
- **McFeely's Chocolate,**  
100 S. Pennsylvania Ave., Greensburg  
Get 10% off

**The Aerobic Center**  
Lynch Field ★ Greensburg, PA

## EVENTS/NEWS

**SELF DEFENSE CLASS**- March 11, 2018 (Sunday) 11 am-1 pm.  
Cost: \$10.00/person. Must be 12 years or older. Sign up and pay by 3/8/18. Instructor: Justin Scalzo.

### SATURDAY AQUA CLASSES 9AM

**COUNTRY HEAT**- February 16, 2018 (Friday) 9am Easy to follow, country dance inspired workout. Low impact high energy dance class.  
Guest Instructor: Kara O'Connor.

**BINGO FUNDRAISER**- Saturday, March 24, 2018. Doors open at 11:30am. Greensburg Hose Co. #7 Benefits: The Aerobic Center & Hose Co#7. Tickets: \$25 . Available at the front desk.

**WANTED**- Anyone with a passion for teaching Senior exercise classes! Will train. See Marianne or Lisa.

**12th Annual GOLF OUTING**- June 15, 2018 (Friday) 9am at Mt. Odin Golf Course. Mark your calendars!

**MASSAGE SPECIAL- FIRST MASSAGE HALF OFF!** Regular \$60 / hour is only \$30/hour. Book online with Rachel Giesler at The Aerobic Center using the following website: [www.MassageBook.com/Greensburg](http://www.MassageBook.com/Greensburg).

**SAVE YOUR RECEIPTS**- Every time you eat at Chick-fil-A at Eastgate or in Westmoreland Mall- save your receipt and bring it in to The Aerobic Center collection bin at the front desk

**F.Y.I.**-We have cameras throughout the parking lot. If you hit/knock over a handicap sign, please inform the front desk. You will be charged for damage to city property. If you do not report damage to the signs you may be fined up to \$500 for leaving the scene of an accident! If you wreck into another car please contact city police 724-834-3800 and Aerobic Center front desk. You will be charged to view the video tape and responsible for any damages.

LIKE US ON FACEBOOK: AEROBIC CENTER LYNCHFIELD

# REAL WORLD **SELF DEFENSE**

BEING HELD AT :

**The  
Aerobic  
Center**  
Lynch Field ★ Greensburg, PA  
724-834-2153 WEBSITE: [aerobiccenter.org](http://aerobiccenter.org)



**12 YEARS AND OLDER**

**INSTRUCTOR  
JUSTIN SCALZO**

**SUNDAY, MARCH 11, 2018**

**11AM-1PM**

**COST: \$10/PERSON**

**TEACHING DEFENSE AGAINST STANDING  
ATTACKERS AND GROUNDED ATTACKS.**

**MUST SIGN UP AND PAY BY MARCH 8, 2018.**