

**lululemon athletica and Ellen A Mahony MD ask the
question...**

Isn't it time to . . .

Go BALListic?!!



It's a BLAST! You don't want to miss it!

Where: lululemon athletica
91 Main Street, Westport
When: **Saturday, June 20**
Time: **8:30 – 10:00AM**
Cost: Pricele\$\$!
Bring: Your **POSITIVE ENERGY!!**
2-3 lb hand weights, exercise/balance ball
Sign Up: June 17 at events@drellenmahony.com
Limited space, sign up now! Bring a friend!

Don't "wait" for the wait list!

Kick off the Summer! with **Health and Wellness Solutions** on Saturday June 20 at **lululemon**. Shop the lululemon Summer fitness gear and find the perfect match for your own perfect body. Unique choices for unique athletes. Come visit lululemon athletica, share the energy, enjoy the experience!

www.lululemon.com

Sign up for *Ballistic*, Herman Walker's ultimate ab workout: The focus of this class is about your body above *and* below the belt. Using exercise balls, the focus is on your thighs, hips, butt, abs, arms, and entire back. This will strengthen and tone your *entire* body with stability and flexibility moves that will

increase your range of motion. **Plan for an energizing hour**, maximum fun and a beautiful beach body!
www.giveitupfitness.com

Find out if your workouts are meeting your needs: attendees are entitled to **FREE** measurements of their **body fat % and fat burning heart rates** from **Dr. Ellen Mahony**. Perfect for **Redefining your Summer exercise strategies and GOALS!** Summer skin care solutions are also available! **“Look your max, try the wax,”** for a recessionista satin finish to your Summer skin. **Package pricing on Summer skin care products and services!** Visit www.drellenmahony.com or call and ask at **203-221-0102**.

lululemon athletica



lululemon
More than a store. . .
Share the experience

“where core values
meet core strength”

Herman M Walker
Certified Fitness Professional

“rebuild, reshape,
reclaim your body”



Ellen A Mahony, MD.
Board Certified Plastic Surgeon
Registered Physical Therapist

“live with confidence”

Are **YOU** ready??
Be *prepared* to have a Ball and have a Blast!

Call now to sign up at **203-221-0102** or events@drellenmahony.com. Don't *wait* for the waitlist!

