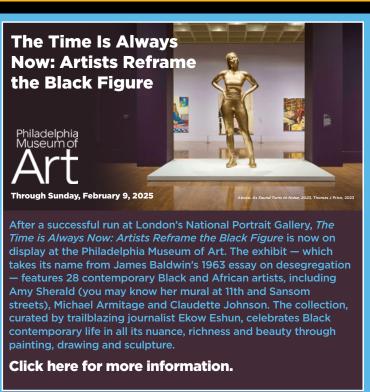
LifeStyle!







Winter Pop-Up Boot Camp

WITH TIMAREE

Mondays at Noon • 6 Weeks 1/13 - 2/17/2025

Transform your fitness in just 6 weeks with Timaree's Pop-Up Bootcamp! Whether you're looking to build strength, lose fat, or boost your endurance, this 6 week class will improve endurance, build muscle, and improve overall fitness.

Don't miss out – Click or Scan the above QR Code to sign up today and take the first step toward a new you!

COMING FEBRUARY

Midwinter Wellness Challenge & Gait Analysis with Philly Runner! Stay Tuned for more information.



Learn more about Chinese, Vietnamese, Korean, Tibetan and other Asian cultural traditions — and grab some holiday treasures — at the 44th annual Lunar New Year edition of the Penn Museum's signature CultureFest! series. The Year of the Snake celebration includes live music, dance and family-friendly activities like storytelling and make-and-take art, plus the grand finale: a performance of the traditional Lion Dance.

Click here for more information.



