

Herrmann's Physical Training Institute

HEALTH, STRENGTH, AND BODY CULTURISTS

Specialists in Physical Training Specialties

BODY BUILDING Electric Light Cabinet Baths - Massage WEIGHT REDUCING

Boxing, Fencing, Wrestling, Self-defense, Hand-ball, Calisthenics, Gymnastics, Acrobatics

ENTIRE EIGHTH FLOOR **B. F. Keith's Theatre Bldg., Phila.** **PHONE WALNUT 7750**

"Get Fit Quick," "Get Thin Quick," "Get Strong Quick" and "Build Up Quick" individualized exercise and training courses.

High-grade service under recognized experts of national reputation.

Particular attention given to the weak, ailing and delicate and those sent by physicians for specially prescribed health, exercise and training courses.

Instruction any hour, day or evening. Appointments unnecessary.

Moderate charge for superior service. Highest standards maintained. Recommended by the medical profession.

Open day and evening to men, women and children.

Instruction at homes, schools, colleges, seminaries, military organizations, athletic clubs, etc. Particulars on request.

Class, private class, individual or strictly private lessons as desired. Rates on request.

Boys' classes in boxing, fencing, wrestling, setting-up and manly exercises.

Instruction in acrobatics, balancing, contortioning, high kicking, etc., for dancers, performers, etc., to strengthen a dance or an act. The leading school of acrobatics in Phila.

Enroll by lesson, term course, day or year.

Feats of strength, weight lifting, bag punching, head and hand balancing, club swinging, etc.

Gymnasium open 9 A. M. to 10 P. M.

Booklet on request giving you some idea of how we put and keep Philadelphia's leading athletes, business, professional and society men and women in A-1 condition.

May 1, 1923.

E. G. Coulter,
446 Sapphire Street,
Pittsburgh, Pa..

Dear Sir:

Enclosed you will find general printed matter giving you some idea of the many high grade health, strength, body-culture, instruction, exercise and training courses conducted here.

Sorry to state that at the present time we are entirely out of our de luxe catalog due to the unusual demands made for same this season.

Instruction can be had at the rate of 12 lessons at \$25.00 or 25 lessons at \$40.00. Either ticket good for three months.

However, you can avail yourself of our Spring offer, giving you a 25 lesson ticket good until Labor Day at \$25.00. or a 50 lesson ticket good until Jan. 1st, 1924 at \$50.00.

The only restriction associated with this offer, is that to be valid, it must be accepted by May 10th, 1923. Besides, this letter must accompany remittance.

Men's tickets include the unlimited daily use of gymnasium, baths and hand-ball privileges during the validity of ticket.

Instruction can be had, day or evening between 9 A.M. and 10 P.M. at ticket holder's own time and convenience. Appointments unnecessary.

Any further information desired will cheerfully be given on request.

Yours for health and clean sport,

William J. Herrmann