

Celebrating 56 Years of Consistent Quality & Excellence

"ONE STEP BEYOND"





Quakertown Memorial Park Baseball Stadium Reconstruction

Hollenbach Construction, Inc. can provide your business with Professional Construction Management Services and Design Build Services for your New Construction and Renovation projects.

Let us take your projects from start to finish in the areas of:

Senior Living - Healthcare • Religious - Educational • Commercial - Industrial



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OCTOBER — FALL FITNESS: OUTDOOR ACTIVITIES TO ENJOY THE AUTUMN

Provided by GYMGUYZ Main Line & Montgomery County

Autumn's cooler temperatures and beautiful foliage make it an ideal time for outdoor activities. Staying active during this season not only boosts your physical health but also elevates your mood and prepares you for the winter months:

- 1. Hiking and Nature Walks: Explore local trails or parks. The scenic views and fresh air are perfect for clearing your mind and invigorating your body.
- **2.** Cycling: Whether it's a leisurely ride through the neighborhood or a more challenging trail, cycling is a great way to enjoy the outdoors and get a cardiovascular workout.



3. Outdoor Group Fitness: Participate in or organize outdoor fitness sessions. Activities like boot camps, tai chi, or group yoga in the park provide social interaction and a change of pace from the gym environment.

