

CLASSES AT THE HAMPSTEAD GYMNASIUM,
1, BROADHURST GARDENS. N.W.

GYMNASTICS FOR PUPILS IN NORMAL HEALTH.
INSTRUCTRESS - MME. BERGMAN ÖSTERBERG.

WEDNESDAY .. 3.0 p.m., Ladies and Children.
SATURDAY .. { 11.30 a.m., Ladies.
 { 3.0 p.m., Children.

NOTE.—Monday and Thursday at 3 p.m., for children
under nine.

Fee (paid in advance) per Term of Twelve Weeks.
One Lesson Weekly, £1 11s. 6d. Two Lessons Weekly, £2 2s.

Special hours reserved for Schools and Families who desire
Private Instruction.

MEDICAL GYMNASIAC TREATMENT AND MASSAGE.
SPECIALITY - SPINAL CURVATURES.
Time by appointment.

This treatment has proved most efficacious in cases of
Spinal Curvatures, Rheumatism, Joint Affections, Paralysis,
Neuralgia, Writers' Cramp, Dyspepsia, Chronic Constipation,
etc., etc.

MEDICAL INSPECTION INVITED.

Resident patients are received by Madame BERGMAN
ÖSTERBERG, at 1, Broadhurst Gardens, Hampstead, N.W.,
where the above-mentioned treatment is carried out under
the best hygienic conditions.

TRAINED MASSEUSES SENT TO THE HOME OF THE PATIENT.

Schools and Colleges supplied with scientifically Trained
Gymnastic Teachers.

Apply to MME. BERGMAN ÖSTERBERG for further information.

DATE: 2010/23/18

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PROSPECTUS

OF THE
Hampstead Gymnasium
1, BROADHURST GARDENS, N.W.
(CLOSE TO FINSBURY ROAD METROPOLITAN STATION)

Conducted by MME. BERGMAN ÖSTERBERG,

(Late of the Royal Institute of Gymnastics, Stockholm)

PRINCIPAL OF THE HAMPSTEAD PHYSICAL TRAINING COLLEGE,

AND

The Swedish Gymnasium,
316, REGENT STREET, W.

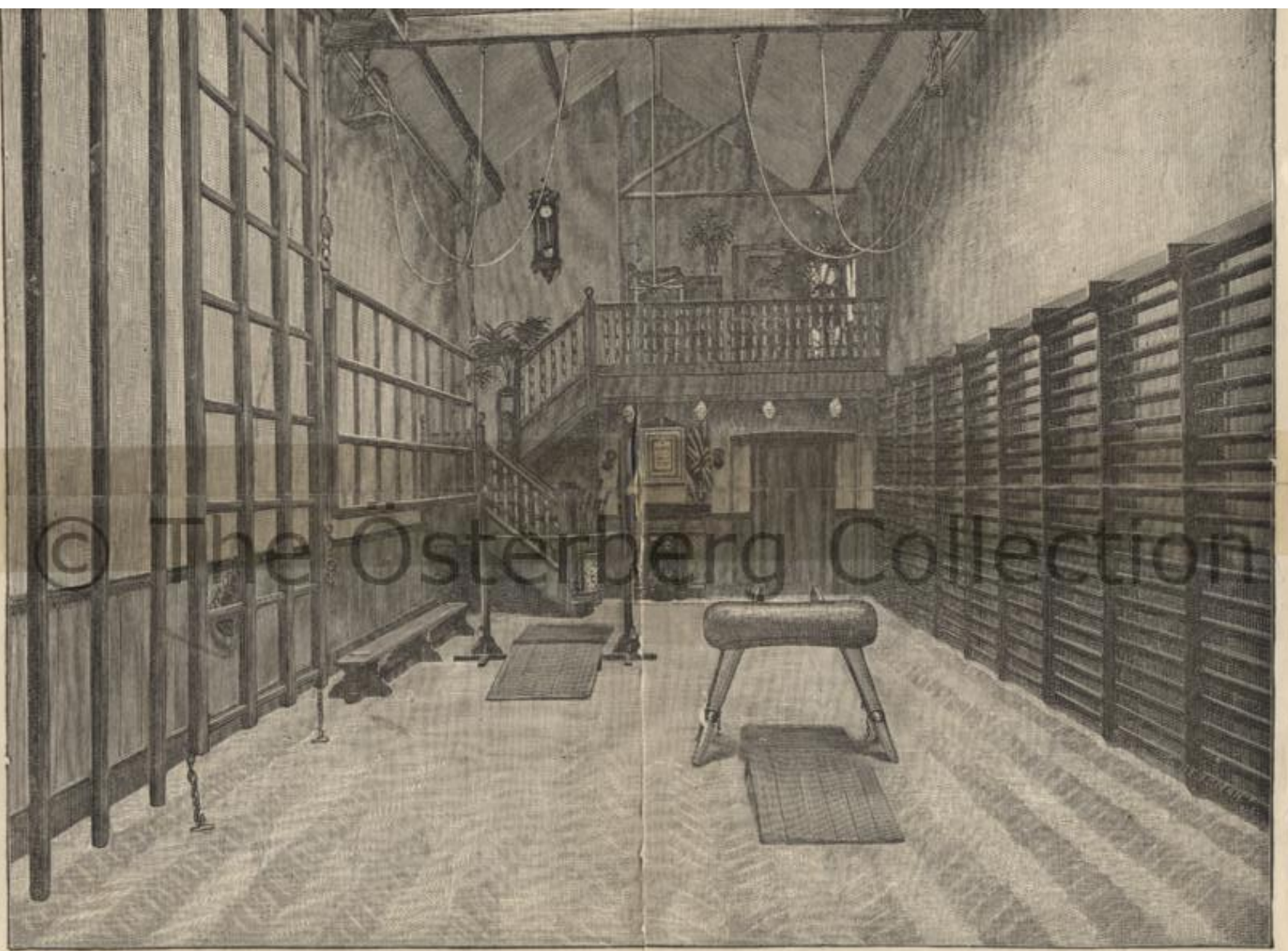
The above mentioned GYMNASIA are the ONLY TWO IN LONDON,
where the GYMNASIAC INSTRUCTION is carried out on LING'S SYSTEM,
WITH SWEDISH APPARATUS.

Gold Medal at the Health Exhibition, 1884.

The next Term commences September 26th.

PUPILS RECEIVED AT ANY TIME DURING THE TERM

[P. T. OVER.]



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1, BROADHURST GARDENS, N.W.