

# FIT4US

## Virtual Fitness Classes

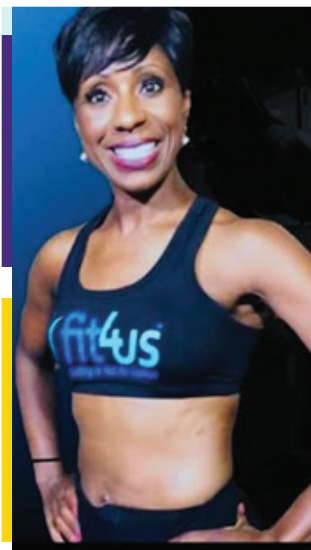
Maintain heart health & control blood pressure when you **STAY ACTIVE!**

### **CLASS DAYS & TIMES**

**Monday** 6:30 PM

**Tuesday** 10:00 AM

**Thursday** 10:00 AM  
AM & PM Classes  
6:30 PM



**DONNA JONES**  
Certified Health and  
Wellness Trainer

**JOIN US!** Text to Get the Zoom link today.

Text 678-362-1271. We'll send you the class link.

Classes sponsored by Gwinnett, Newton and Rockdale County Health Departments