

# **FIT4US**

## **Virtual Fitness Classes**

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

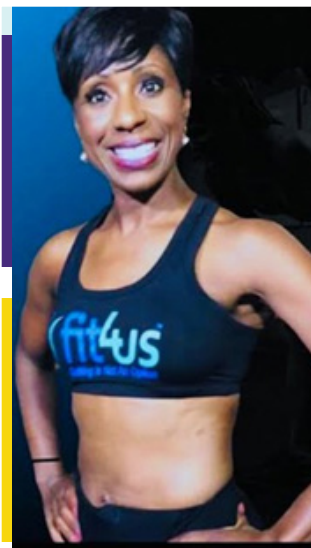
### **CLASS DAYS & TIMES**

**Monday** 6:30 PM

**Tuesday** 10:00 AM

**Thursday** 6:30 PM

**Saturday** 9:00 AM



**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.