

FIT4US

Virtual Fitness Classes

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

CLASS DAY & TIMES

Monday — 6:30 PM
Tuesday — 10:00 AM
Thursday — 6:30 PM
Saturday — 9:00 AM

TUNE IN! Thursday sessions will be virtual & in-person from March 16 through June 15 at **Salem Missionary Baptist Church**
4700 Church St NW,
Lilburn, GA 30048



DONNA JONES
Certified Health &
Wellness Trainer



JOIN TODAY!
TEXT 678-362-1271 AND GET
THE CLASS ZOOM LINK NOW!