## VIRTUAL FAMILLY All Families Welcome جميع العائلات مرحب بها FITNESS FUN Tuesday Evenings 4:45-5:30pm



3/23 Chair Exercises
3/30 Circuit Training
4/6 Yoga
4/13 Strength Bands

## **Register At:**

https://forms.gle/evLTHrYQ64D2Ac6o9

Contact: LBazzi@LAHC.org



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