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



This institution is an equal opportunity provider This project was funded in whole or in part by the USDA's Supplemental Nutrition Assistance Program Education through the Michigan Department of Health and Human Services and the Michigan Fitness Foundation