

VIRTUAL FAMILY FITNESS FUN

All Families Welcome
جميع العائلات مرحب بها

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