



Health & Fitness Series

Cultivating a Healthy Mind and Body



September 16th & 18th
September 23rd & 25th
6:30pm-7:30pm



Martin Luther King Jr.
Recreation Center and
Aquatic Center
110 Hilliard St SE, Atlanta,
GA 30312



Coach Britney

Join us for a 30 minute
strength/flexibility
workout
followed by our healthy eating tips



Coach Yann

Bring your mat, towel
and water bottle!

