



ATTENTION
STAY FIT
WHILE YOU SIT
PARTICIPANTS!

Effective tomorrow, **June 10, 2022**, this **ZOOM CLASS** will now be on **Mondays, Wednesdays and Fridays**

There will no longer be classes on **Tuesdays and Thursdays**



PLEASE CALL
(510) 675-5495
OR EMAIL
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IF YOU HAVE ANY QUESTIONS