
Getting fit in 2010

Posted by cubana - 2010/01/28 15:37

Our local library will host a "Low Impact Activities" & "Aerobics"

The classes will held for 6 weeks starting Februry 6th. Please see flyer

http://atlantawestend.com/myjoomla/images/fbfiles/files/Exercising_20your_20New_20Years_20Resolution_20to_20be_20Healthy_1_.pdf

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