

# Come Join Us at Silver Comet Trail

For our **Monthly Fitness Outing**



NutriFit Sport Therapy's "Fit for Life" fitness group will meet at the Silver Comet Depot Bicycle Shop on **Saturday, June 23 at 4:00 p.m.** for a bike ride. The bike rental is located at 4342 Floyd Road, in Mableton, GA. The ride will be about an hour long and you have the option of bringing your own bike as well as renting one. You can **RSVP** by contacting the NutriFit office at **770-395-7331** if you are interested in attending. We hope that you can join us as we continue to stay Fit for Life!

For more information and directions to the bike shop, please visit <http://silvercometdepot.com/>

For information on Silver Comet Trail, please visit their website: [www.silvercometga.com](http://www.silvercometga.com).