

# Come Join Us for a Free Aqua Aerobics Class At the Spalding Lakes Pool!

For our Monthly Fitness Outing...



NutriFit Sport Therapy's Free "Fit for Life" fitness group will be meeting at the **Spalding Lakes Neighborhood Pool on Sunday, July 23 at 3:00 p.m.** for a Zumba-style aqua fusion class. The class will include dance, cardio, strength, and flexibility. It is truly fitness at its most fun! We hope that you can join us as we continue to stay **Fit for Life!**

Spalding Lakes Pool is located at 3880 Spalding Drive Atlanta, GA 30350. For more directions please contact Spalding Lakes Pool at 770-396-0789.

**You can RSVP by contacting the NutriFit office at 770-395-7331 if you are interested in attending.**