



Virtual Jumpstart Fitness Series



Please note: This information is correct as of January 2024. Times may change, so visit our website at www.cscatlanta.org for the latest information.

Let's start the New Year off right! The class will be motivating, upbeat, and encouraging for all participants. Jumpstart Fitness will be a 4-week series where participants will improve balance, stamina, and joint health.

Led by:

Bev Stegman, CR, RYT

Thursdays, January 4, 11, 18, and 25

11:00 a.m.-12:00 p.m.

Virtual Only

To participate in this class, please register at www.cscatlanta.org/calendar.



**Registration
Calendar**

This program is made possible through a grant from It's the Journey, Inc. — Georgia 2-Day Walk for Breast Cancer.



phone 404.843.1880 • fax 404.843.1780

1100 Johnson Ferry Road NE • Building 2, LL90 • Atlanta, GA 30342

www.cscatlanta.org

