

Accept the Fitness Challenge!

Improve Your Health and Wellness

Join us for **Exercise**

...with Instructor - Danielle Green

Friday

Time: 10am to 11am

(NO Out of Pocket Cost)

Note: Holidays &
Special Events may
Impact Schedule...

Lunch & Bible Fellowship - 1st Friday's -- 11am – 1pm
(RSVP with Instructor to Help Us Plan)

Where: Bethesda Presbyterian Church
7220 Bennett Street, Pittsburgh, PA 15208
Use REAR Social Hall Entrance (corner of Zenith and Fleury)

NO ONE is excluded from participating due to age or lack of insurance coverage. Bethesda Exercise Classes are Open to All. Note: Depending upon interest additional classes may be offered Mon & Wed.

Pre-Registration Encouraged but not Required!

To Register or Request More Information go to www.BethesdaPGH.org

Seeking the Holistic Health and Wellbeing of
the Community Through Socio-Economic, Cultural, & Spiritual Empowerment

Exercise Program Made Possible through the Support of Tivity/SilverSneakers, the W PA Parkinson Foundation; Community and Family Builders; and Others...

