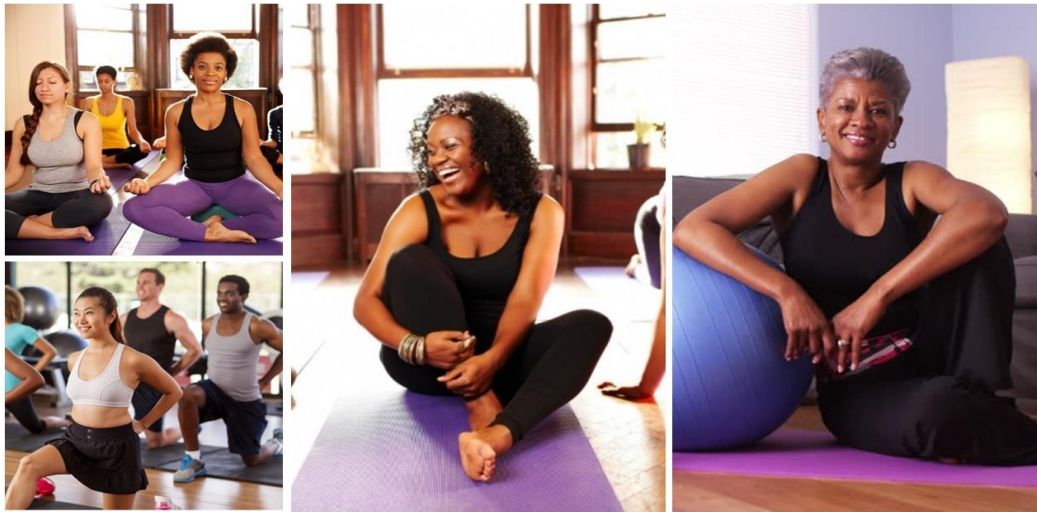




FITNESS WARRIORS

FREE AND FUN FITNESS CLASSES



GET ACTIVE WITH THE FITNESS WARRIORS AND NIA, INC OF GREATER RICHMOND!

Nia, Inc. of Greater Richmond has partnered with Fitness Warriors to provide free fitness classes. The Fitness Warriors support hundreds of Richmond region residents like you to get active! Every week, trained Fitness Warriors host FREE classes bringing neighbors together and building healthier communities by motivating people to get moving!

Classes combine cardio, dance and yoga and are specially designed for all fitness levels.

Where: Saint Paul's Baptist Church – Creighton Campus

4247 Creighton Road, Richmond, VA 23223

When: Every Monday, beginning September 25th @ 6:00 p.m.

What to Bring: Comfortable clothing, a water bottle, yoga mat and towel



For more information contact
Jackie Pryor at (804)220-0815 or empowermentfitness222@gmail.com



THE SAINT PAUL'S BAPTIST CHURCH
A Church for People On the Go!