

FOREVER YOUNG FITNESS CLASSES

STRONGER TODAY. BETTER TOMORROW.

GET FIT. STAY STRONG. LIVE YOUNG!

CLASSES FOR
ADULTS
18 YRS OLD
OR OLDER



ForEver Young
FITNESS CLASS

STARTING

MONDAY
JULY 6TH

🕒 **12:00 NOON**



BeginnersFitt
HITT CLASS

STARTING

WEDNESDAY
JULY 8TH

🕒 **7:30 PM**



LOCATION: 110 RAILROAD ST
SHARPSBURG, NC

FOR DETAILS CALL

BEVERLY DAVIS

AT SHARPSBURG
SENIOR COMMUNITY CENTER

📞 **252-231-0207**

INSTRUCTOR

DURBIE HOWELL

CERTIFIED EXERCISE THERAPIST

Renewed4Life Pro Fitness, LLC

9053 W. Mount Dr

Rocky Mount, NC 27805

📞 **252-343-1056**

CLASSES DESIGNED FOR ADULTS 18 YEARS OLD OR OLDER