



Find Your Flow Fitness!

A Fitness Group For Everyone and it's FREE!

Join us for a full body workout with modifications, follow along at your own pace!

Wednesday @ 5:30-6:30pm & Friday's @ 8-9am, call or email for availability

Limited space available, sign up today!

To register, get details or ask questions:

Call or email: Theresa Phone: 541-622-0066

Email: tkeys@bayareafirststep.org

