



Get Fit @ Mt. Sylvan Church

Free fitness classes
Mondays at 10:00 a.m.
&
Thursdays at 9:00 a.m.
Senior adults welcome

Get Healthy at Mt. Sylvan in 2018: Free Fitness Classes

Every Monday at 10:00 a.m. and every Thursday at 9:00 a.m. meet us in the Mt. Sylvan Fellowship Hall for challenging but safe workout classes.

If you can move at all you can benefit from these classes. No pressure. No judgement. Just self improvement at your own pace. Senior adults welcome.

No registration necessary. Questions? Contact the church office for more info at 919-471-0032. See you there.
