



HEALTHY LIVING CLASSES!

We'll cook tasty treats, work out to groovy beats and try out our downward dog. Join us for six weeks of good-for-you fun.

ALL ARE INVITED

Kids, parents, guardians and staff are welcome to join. Wear comfortable clothes and shoes.

WHEN

Monday – 6/4, 6,11, 6/18, 6/25, 7/2
Tuesday – 5/29, 7/3
Wednesday – 5/30, 6/6, 6/13, 6/20, 6/27

WHAT

FITNESS CLASS

4-5 pm
No RSVP required, drop-ins welcome

WHERE

90 Selden, Detroit
Lower Level

YOGA CLASS

5-6pm
No RSVP required, drop-ins welcome

COOKING CLASS

5-7pm
RSVP required by May 20.
Contact Hajr Muhammad at 313-262-0943.



**FREE
COOKING,
FITNESS &
YOGA CLASSES**