Updated information from Angel Eyes Fitness and Nutrition

Free on line fitness classes!!

Due to COVID-19, Angel Eyes Fitness and Nutrition is only offering free Live online group fitness classes every 2nd and 4th Saturdays from 12 pm – 1 pm

EST!!  To join online go to

www.angeleyesfitnessandnutrition.org

click the class calendar link and join on the day of class. No pre-registration is required. It is best to join from your laptop or desktop but phone

and dial in access is also available. Please note- once you join in a class you will be “physically seen” by participants and volunteers. It is an interactive

experience. For more information please go to

www.angeleyesfitnessandnutrition.com

 or call 678-660-5101 to get dial in details.