

Make Your Home Your Gym

with **FREE** Fitness Classes hosted from DeKalb County

Call today to take **free** online fitness classes via Zoom, Facebook Live or Google Duo!



Fitness classes



Zumba



Yoga



Stretch and Strength Building



Tai Chi



Boot Camp



Call these locations for information:

Beulah Community Family Life Center
(678) 553-6030

Activity offered: Fitness class

The Bridge at Austin Community Center
(404) 534-3322

Activities offered: Abs class, strength building, boot camp, tai chi, yoga, & Zumba

Kirkwood-Edgewood Healthy Living Initiative at Greater Smith Chapel AME Church
(404) 963-5215

Activity offered: Aerobics

Kirkwood-Edgewood Healthy Living Initiative at Turner Monumental AME Church
(404) 378-5970

Activities offered: Exercise movement, low-impact exercise, & Zumba

Mt. Zion AME Church
(404) 428-3381

Activity offered: Aerobics

Saint Philip Community Development Corporation
(404) 371-0749

Activities offered: Strength and stretch training, seated interval training, high intensity interval training, & corrective training for the body

Stronghold Christian Church
(770) 322-9010

Activities offered: Meditation class, stretching, Pilates, & chair exercise

LEAD DeKalb
Local Efforts towards Addressing Disparities in DeKalb

The DeKalb County Board of Health's LEAD DeKalb initiative is partnering with places of worship to offer free fitness classes to residents through September 2021. For information, contact the locations directly.



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