

FIT & FRESH

FRIDAY

MAY 1

6 PM - 7:30 PM

FREE
ADMISSION

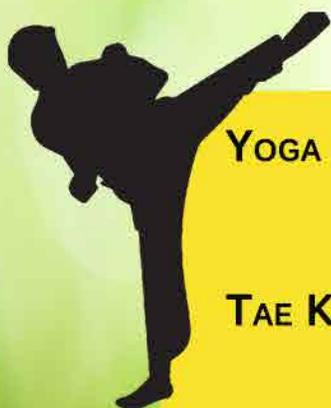


LONG DAY AT WORK OR SCHOOL? RELEASE TENSION, RELAX, AND STRENGTHEN WITH OUR **FIT & FRESH** ONE HOUR TAE KWON DO & YOGA CLASSES.

DEANWOOD RECREATION CENTER

1350 49TH STREET NE
WASHINGTON, DC 20019

METRO: DEANWOOD (ORANGE LINE)



YOGA

Ms. Ko IM

6 PM AT MULTIPURPOSE ROOM
(BRING YOUR OWN MAT OR TOWEL)

TAE KWON DO

MASTER ARK JAE LEE

6 PM AT GYMNASIUM



RESERVE YOUR SPACE ONLINE

FitandFresh.eventbrite.com

OR CALL 202-727-3120



Mayor's Office on Asian
& Pacific Islander Affairs



Government of the
District of Columbia