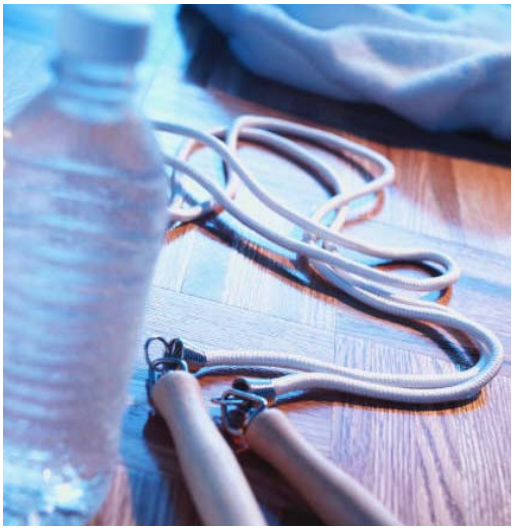
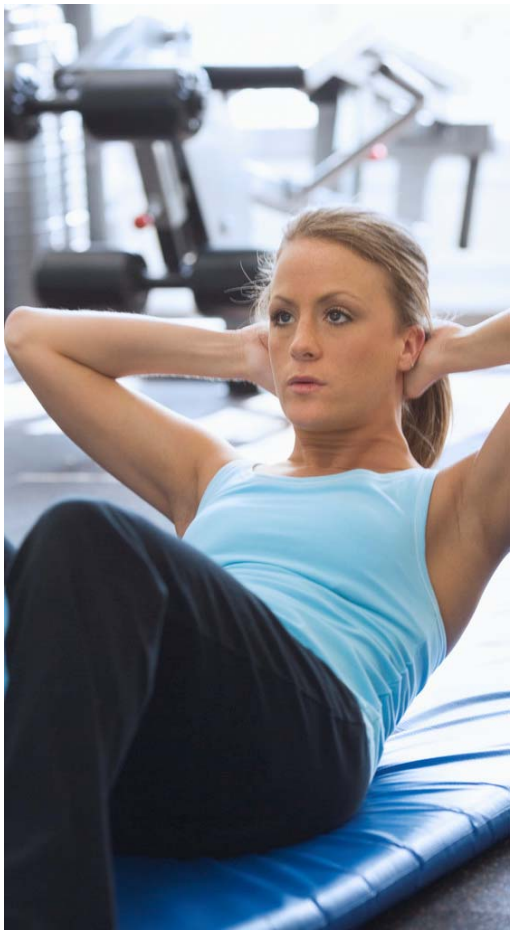
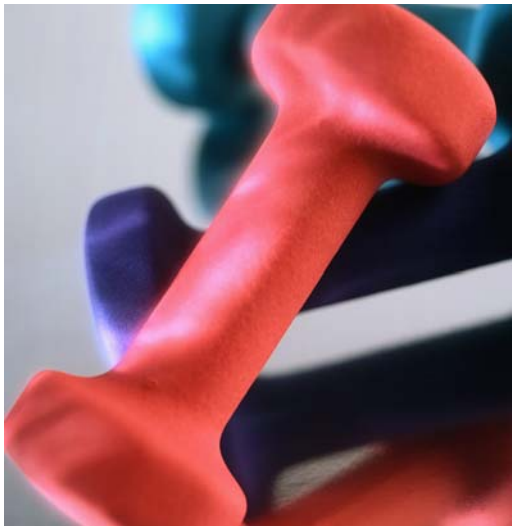
Fit24K
Low Impact Fitness



Fit24K Low Impact Fitness combines strength training, circuit, interval and resistance workouts to challenge your level of fitness and endurance, while creating a new and exciting way to workout! Never a dull moment. All fitness levels welcome!



Date: Wednesday
Time: 11am - 12pm
Age: 18 years and up
Cost: $5 per class



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RALEIGH Parks, Recreation and Cultural Resources
parks.raleighnc.gov