



# ATM FIT CHECK

Biweekly Health and Fitness Sessions

Includes walking, cardio drumming, light strength training, upper body using hand weights, light core exercises.

Ages 13 through 80

**Every other Saturday**

**10:00 AM**

Visit [ww.atmchurch.org/atmfitcheck](http://ww.atmchurch.org/atmfitcheck) for exact dates.

**Abiding Truth Ministries (Gym)  
846 S. 57<sup>th</sup> Street, Philadelphia, PA 19143**