



# ATM FIT CHECK

Biweekly Health and Fitness Sessions

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

**STARTING**

**Saturday, October 4, 2025**

**10:00 AM**

Every other Saturday through December

Ages 13 through 80

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