

# Fit, Fun & Fired Up!

## National Fitness Day Bash!



**Celebrate National Fitness Day with a high-energy, feel-good workout led by Ilysa, David, and Marcie! Come ready to laugh, connect, and celebrate the joy of staying active together!**

**Wednesday, May 27, 2026**  
**11:30 am-12:30 pm**



**Members Free**  
**Guests \$5**

**RSVP 410-358-6856**  
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