

WELLNESS CALENDAR

Marietta Center



"Teach Me" Tuesdays

Fitness Classes

AUG 5TH
11:00 am

Sound Bowl Healing

A calming experience that promotes deep relaxation, stress relief, and emotional balance through sound therapy.

Brittnee Wilder of Brittnee Wilder LLC

AUG 12TH
11:00 am

Pilates

A low-impact, full-body workout strengthening your core, improving flexibility, enhancing balance and building strength, with mindful movement and controlled breathing,

Judi Rogers of The Fitness Collective

AUG 19TH
11:00 am

Zumba

A high-energy, fun-filled dance workout that feels more like a party than exercise.

Courtney LOV of LOVFitness

AUG 26TH
11:00 am

Pilates

A low-impact, full-body workout strengthening your core, improving flexibility, enhancing balance and building strength, with mindful movement and controlled breathing,

Judi Rogers of The Fitness Collective

Workshops (Munch & Learn)

AUG 5TH
12:00 pm

The Benefits of Sound Bowl Healing

Brittnee Wilder of Brittnee Wilder LLC

AUG 12TH
12:00 pm

Living Life In Balance

Cierra White of Ah Luv Herbs

AUG 19TH
12:00 pm

Health From The Inside Out

Dr. Ronnie Bolar of Vital Life Chiropractic

AUG 26TH
12:00 pm

Couponing 101

Walter Vinson - Extreme Couponer

Scan to Register



All events will take place at:

Girls Inc. of Greater Atlanta
461 Manget Street
Marietta, GA 30060

girlsincatl.org