

Fitness Exercise

**Anderson Grove
Community Center
850 Anderson Grove Road**

Mondays, Tuesdays & Thursdays

Except 1st Thursday of each month

6:00-7:00pm

- Instructor- La'Tarsha Brandon
- Received her Fitness Trainer certification from Oklahoma Community College

FREE TO THE PUBLIC

Fitness Exercises

For more information contact:

La'Tarsha Brandon:

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Lowndes Recreation Department

662.328.0885

