



BELIEVE IN BALDWIN

FEED, CLOTHE, EDUCATE, EMPOWER

*Celebrating 100 years of service
in the Pontiac community*



*Interfaith Health
& Hope Coalition*



**United Way
for Southeastern Michigan**

FREE Fitness Classes at the Baldwin Center Gym

212 Baldwin Ave, Pontiac, MI 48342

To register, please call: 248.332.6101 or just show up!

Childcare provided for school-aged children if you pre-register by calling.

September

Wed., Sept. 25th

***Yoga with
Amanda***

10 AM to 11 AM

Yoga is for
everybody!

Beginners welcome.

(If you have a yoga mat or
large towel, please bring it.)

October

Friday, October 18th

***Bootcamp with
Angela***

5:30 PM to 6:30 PM

All levels welcome!
Learn how to work
out with different
household items you
can find at home.

November

Fri., November 8th

***Zumba with
Amy***

10 AM to 11 AM

Zumba is dance,
movement and
music together to
create a fun
workout!