



Kaia FIT North Dallas invites the Women's Groups "DFW Girls Just Wanna Have Fun" and "SheNOW" for a FREE and FUN workout event! Expect a contagiously addictive hour of group training that is designed by women, for all women! No matter your age, fitness level, or background, this workout is for you! Join this sweat date to smile, laugh, & meet other amazing women like you! Don't forget to bring water!

Sunday, March 6th. 2:30pm-4:00pm

Kaia FIT North Dallas
Spring Valley Business Center
4474 Spring Valley RD
Farmers Branch, TX 75244