

A person wearing a light-colored long-sleeved shirt and dark shorts is holding a pair of sneakers. The person's hands are visible, and they are holding the shoes by the laces. The background is a plain, light-colored wall.

FIT FRIDAYS

Friday lunchtime
in the Agora
with a triathlon coach!
Open to all fitness levels

A row of dumbbells is shown in a gym setting. The dumbbells are arranged in a line, with the weights increasing in size from left to right. The dumbbells are made of metal with black rubber coating on the weights. The background is a plain, light-colored wall.

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