



Friday  
**MAR 13**

2 PM- 3 PM

3900 Llewellyn Ave  
Norfolk, VA  
23504

# Fitness Class with Fit Goddess Tribe

Jara Clark founded Fit Goddess Tribe and is a holistic wellness leader, certified trainer, and yoga instructor. With the goal of creating mental and physical fitness programs that support healing, resilience, and community for youth and families. Fit Goddess Tribe offers holistic mental and physical fitness programs, including chair fitness and mental-physical health education, focused on building strength, resilience, balance, and community for all ages.

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