










MARCH

CommonHealth Wellness Fitness Classes

New Classes and more Instructors!

Basic Yoga—Danny **Adv. Beg. Yoga—Alexa**

Core Fitness - Vance

Effective 2/21/19	12:15 – 1PM CLASSES	5:15 – 6PM CLASSES
MONDAY	CORE FITNESS WITH VANCE 	NO AFTER WORK CLASS TODAY
TUESDAY	CORE FITNESS WITH VANCE 	CORE FITNESS WITH VANCE 
WEDNESDAY	YOGA – BASIC WITH DANNY 	YOGA – ADV. BEGINNER WITH ALEXA 
THURSDAY	CORE FITNESS WITH VANCE 	CORE FITNESS WITH VANCE 
FRIDAY	YOGA – ADV. BEGINNER WITH ALEXA 	YOGA – BASIC WITH DANNY 

Yoga is back

with 4 classes per week for beginners and more intermediate participants.

Core Fitness Classes are 5 times a week for any level.

Send Questions to Wellness@dhrm.virginia.gov