






April

CommonHealth Wellness Fitness Classes

Basic Yoga—Danny **Adv. Beg. Yoga—Alexa**
Core Fitness - Vance

Effect April 2	12:15 – 1PM CLASSES	5:15 – 6PM CLASSES
MONDAY	CORE FITNESS WITH VANCE 	<i>New schedule is being developed for 5:15 classes</i>
TUESDAY	CORE FITNESS WITH VANCE 	
WEDNESDAY	YOGA – BASIC WITH DANNY 	
THURSDAY	CORE FITNESS WITH VANCE 	
FRIDAY	YOGA – ADV. BEGINNER WITH ALEXA 	

Core Fitness Classes are now 3 times a week at 12:15

All 5:15 – 6pm classes are on hold now as we shuffle instructors.

***What type of class would you like to see at 5:15?
Zumba? Core Fitness?***

Send Questions to Wellness@dhrm.virginia.gov