



JULY CommonHealth Fitness Class Schedule – James Monroe



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>3 NO CLASSES STATE HOLIDAY</p>	 <p>4 NO CLASSES STATE HOLIDAY</p>	<p>5 YOGA is cancelled <i>Heather is on vacation</i></p>	<p>6 CORE FIT 12:15 – 1 & 5:15 - 6</p>	<p>7 YOGA is cancelled <i>Heather is on vacation</i></p>
<p>10 CORE FIT 12:15 - 1</p>	<p>11 CORE FIT 12:15 – 1 & 5:15 - 6</p>	<p>12 YOGA is cancelled – <i>Heather is on vacation</i></p>	<p>13 CORE FIT 12:15 – 1 & 5:15 - 6</p>	<p>14 YOGA is cancelled – <i>Heather is on vacation</i></p>
<p>17 - NO CORE Vance on Vacation</p> <p>Take a Walk with Jonathan!</p>	<p>18 - NO CORE Vance on Vacation</p> <p>Take a Walk with Jonathan!</p>	<p>19 YOGA FLOW 12:15-1</p> <p>Heather is back!</p>	<p>20 - NO CORE Vance on Vacation</p> <p>Take a Walk with Jonathan!</p>	<p>21 GENTLE YOGA 12:15-1</p> <p>Heather is back!</p>
<p>24 CORE FIT 12:15 – 1</p> <p>Vance is back!</p>	<p>25 CORE FIT 12:15 – 1 & 5:15 - 6</p>	<p>26 YOGA FLOW 12:15-1</p>	<p>27 CORE FIT 12:15 – 1 & 5:15 – 6</p> <p>Try a FREE Core Class!</p>	<p>28 GENTLE YOGA 12:15-1</p>
<p>31 CORE FIT 12:15 - 1</p>	<p>Questions? Wellness@dhrm.virginia.gov or 804-225-2159</p>	<p>Wear comfortable clothes and running shoes. All equipment provided for CORE Fit Classes.</p>		

