

A series of activities designed to get state employees up and moving and enjoying Capitol Square.

Monday, 9th

Stitching on the Square: 12:15 PM — Meet at the Bell Tower

Core Fitness Class: 12:15 -1PM — Monroe Building, Level S

Governor's Softball League: 6:30 -10PM — Dorey Park in Henrico



@OnTheSquareVA

Tuesday, 10th

Picnic in the Park: During your lunch break — Capitol Square

Core Fitness Class: 12:15 -1PM — Monroe Building, Level S

For more information,
including a calendar of
events and registration, go to
OnTheSquareVA.virginia.gov.

Wednesday, 11th

YOGA IN THE MANSION GARDEN: 7 AM — Executive Mansion
Registration required. Check the calendar for updates.

FOOD TRUCKS: 11AM -1:30PM — Every Wednesday at Old 14th Street and E. Grace Street

PERFECTING YOUR CELL PHONE PHOTOGRAPHY: 12 - 1PM — Meet at the Bell Tower

Yoga Basics: 12:15-1 PM — Monroe Building, Level S. Donations are appreciated

Thursday, 12th

Core Fitness Class: 12:15 - 1PM — Monroe Building, Level S

Capitol Square Walk: 12:15 - 12:45 PM — Meet every Thursday in front of the Patrick Henry Building (side facing the square)

Friday, 13th

FARMERS MARKET: 11AM-1:30PM — Every Friday at Old 14th Street and E. Grace Street

Game Day: Lunch Break — Games can be checked out at the Oliver Hill Building at DGS Parking Services, Patrick Henry Building, and Monroe Building

Yoga Basics: 12:15-1PM — Monroe Building, Level S. Donations are appreciated

