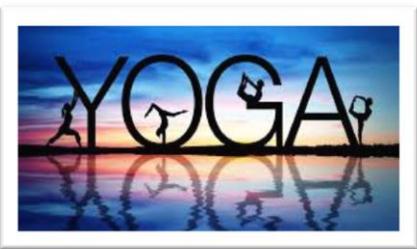




Summer Wellness Schedule

Capitol Square Area



**Yoga for all levels – with
Heather Cauley**

**Wednesdays – 12:15 – 1pm
James Monroe S Level**



**Core Fitness Classes – with
Vance Pittman**

Complete workout for all fitness levels
Cardio, Weights, Ab workout, and more!

Mondays – 12:15 – 1pm – JMB*

Tuesdays – 12:15 – 1 AND 5:15 – 6pm- JMB*

Wednesdays – 12:15 – 1pm – JMB*

Thursdays – 12:15 – 1 AND 5:15 – 6pm- JMB*

All Equipment Provided – weights, mats, towels, step stations

\$6.00 per class for pay as you go

Monthly Pass Discounts:

2 Classes Per Week - \$35 for month

3 classes per Week - \$45 per month