

Group Fitness Class

The Town of Farmville Recreation Department is offering a group fitness class. The class' objective is to target all major muscle groups using various exercises. This total body workout class incorporates bursts of cardio into movements intended to help you tone all major muscles.

Come enjoy this high energy and fun workout experience!



**Classes are offered: Every Monday and Thursday
from 5:30 - 6:30 p.m. (Starting October 3rd)**

**Where: 124 South Street,
2nd Floor of the South Street Building**

Cost: \$20 per month or \$3 per class



For more information contact the
Farmville Recreation Department
At 434-392-8465 or
E-mail: cbolt@farmvilleva.com