

FARMVILLE RECREATION DEPARTMENT

Group Fitness Programs

Get fit Farmville with our group fitness & movement classes taught by Ylishah Lovelace, certified Group Fitness & Zumba Instructor. All classes are on the 2nd floor at the South Street Conference Center and cost \$30 per month or \$4 per class.

FITNESS SCHEDULE:

MONDAY:

Yoga: 9:00 AM-10:00 AM

Sculpt and Tone: 5:30 PM-6:30 PM

TUESDAY:

Yoga: 5:30 PM-6:30 PM

WEDNESDAY:

Yoga: 9:00 AM-10:00 AM

Muscle Pump: 5:30 PM-6:30 PM

THURSDAY:

Zumba: 5:30 PM-6:30 PM

Yoga: Mind & body movements that improve flexibility, strength, & balance.

Sculpt & Tone: A variety of exercises using resistance bands & weights.

Muscle Pump: Build muscle endurance with low to medium weights & high repetitions.

Zumba: A fusion of Latin & international dance moves that will get your heart pumping.



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

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