

FARMVILLE RECREATION DEPARTMENT

GROUP FITNESS

Get fit Farmville with our group fitness & movement classes. Classes are on the 2nd floor at the South Street Conference Center. The cost is \$4 per class.

CLASS SCHEDULE:

MONDAY:

STRONG by Zumba

5:30 PM-6:30 PM

TUESDAY:

PiYo Live

5:30 PM-6:30 PM

THURSDAY:

Hatha Yoga

5:30 PM-6:30 PM

STRONG by Zumba: A high-intensity, tempo-driven, muscle-conditioning workout that is designed to drive people in both cardio and strength training with every move.

PiYo Live: A fun fusion of Yoga and Pilates inspired elements that includes low-impact cardio to focus on both strengthening and stretching.

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



STRONG
BY ZUMBA™



hatha yoga

PiYO™

LIVE

For more information contact the Farmville Recreation Department at (434) 392-3737 or E-mail: cbolt@farmvilleva.com

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DEPARTMENT