

Orme Family Fitness

**JANUARY
2019**

727 Lake Monticello Rd, Palmyra
(434) 589-8700
www.ORMEFAMILYFITNESS.com

Wed

Thu

Fri

**Not a Member?
Not a Problem! Be
Our Guest and Take
a Class for \$8**

LOBBY HOURS

Mon-Thu 9am-8pm
24/7 Equipment Floor
Access and
Surveillance Available
to Gym Members..

1
Lobby Closed
Happy New Year!

2
9am 20/20/20
10am **Zumba Gold**
6pm Get F.I.T.!
7pm **Cycle Circuit**

3
10am Vinyasa Flow Yoga
6 pm **Zumba**
7pm **Mix It Up**

4
10am Get Ripped!

CHILDCARE HOURS

Mon – Thu 5pm-8pm
24/7-Exercise on
YOUR Own Time..

7
10am Yoga
6pm Step

8
6pm PiYo/Core
7pm Pump

9
9am 20/20/20
10am **Zumba Gold**
6pm Get F.I.T.!
7pm **Cycle Circuit**

10
10am Vinyasa Flow Yoga
6 pm **Zumba**
7pm **Mix It Up**

11
10am Get Ripped!

Mix It Up-Combo of
Kickboxing, PiYo,
Pump and Core
Strength

14
10am Yoga
6pm Step

15
6pm PiYo/Core
7pm Pump

16
9am 20/20/20
10am **Zumba Gold**
6pm Get F.I.T.!
7pm **Cycle Circuit**

17
10am Vinyasa Flow Yoga
6 pm **Zumba**
7pm **Mix It Up**

18
10am Get Ripped!

21
10am Yoga
6pm Step

22
6pm PiYo/Core
7pm Pump

23
9am 20/20/20
10am **Zumba Gold**
6pm Get F.I.T.!
7pm **Cycle Circuit**

24
10am Vinyasa Flow Yoga
6 pm **Zumba**
7pm **Mix It Up**

25
10am Get Ripped!

28
10am Yoga
6pm Step

29
6pm PiYo/Core
7pm Pump

30
9am 20/20/20
10am **Zumba Gold**
6pm Get F.I.T.!
7pm **Cycle Circuit**

31
10am Vinyasa Flow Yoga
6 pm **Zumba**
7pm **Mix It Up**