

Orme Family Fitness

**FEBRUARY
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
10am Get Ripped!

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

4
**10am Yoga
6pm Step**

5
**6pm PiYo/Core
7pm Pump**

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

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

8
10am Get Ripped!

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

11
**10am Yoga
6pm Step**

12
**6pm PiYo/Core
7pm Pump**

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10am **Zumba Gold**
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7pm **Cycle Circuit**

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10am Vinyasa Flow Yoga
*6 pm Zumba
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