

# Orme Family Fitness

**MARCH  
2019**

727 Lake Monticello Rd, Palmyra  
(434) 589-8700  
[www.ORMEFAMILYFITNESS.com](http://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**  
**7pm Power Yoga**

**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**  
**7pm Power Yoga**

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

**13**  
9am 20/20/20  
10am **Zumba Gold**  
6pm Get F.I.T.!  
7pm **Cycle Circuit**

**14**  
**10am Vinyasa Flow Yoga**  
*6 pm Zumba*  
*7pm Mix It Up*

**15**  
**10am Get Ripped!**

**18**  
**10am Yoga**  
**6pm Step**  
**7pm Power Yoga**

**19**  
**6pm PiYo/Core**  
**7pm Pump**

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

**21**  
**10am Vinyasa Flow Yoga**  
*6 pm Zumba*  
*7pm Mix It Up*

**22**  
**10am Get Ripped!**

**25**  
**10am Yoga**  
**6pm Step**  
**7pm Power Yoga**

**26**  
**6pm PiYo/Core**  
**7pm Pump**

**27**  
9am 20/20/20  
10am **Zumba Gold**  
6pm Get F.I.T.!  
7pm **Cycle Circuit**

**28**  
**10am Vinyasa Flow Yoga**  
*6 pm Zumba*  
*7pm Mix It Up*

**29**  
**10am Get Ripped!**