

Orme Family Fitness

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

2
10am Vinyasa Flow Yoga

3
10am Get Ripped!

CHILDCARE HOURS

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

6
10am Yoga
6pm Step

7
10am Yoga
6pm PiYo/Core
7pm Pump

8
9am 20/20/20
10am **Zumba Gold**
6pm Get F.I.T.!
7pm **Cycle Circuit**

9
10am Vinyasa Flow Yoga
6 pm **Zumba**

10
10am Get Ripped!

13
10am Yoga
6pm Step

14
10am Yoga
6pm PiYo/Core
7pm Pump

15
9am 20/20/20
10am **Zumba Gold**
6pm Get F.I.T.!
7pm **Cycle Circuit**

16
10am Vinyasa Flow Yoga

17
10am Get Ripped!

20
10am Yoga
6pm Step

21
10am Yoga
6pm PiYo/Core
7pm Pump

22
9am 20/20/20
10am **Zumba Gold**
6pm Get F.I.T.!
7pm **Cycle Circuit**

23
10am Vinyasa Flow Yoga
6 pm **Zumba**

24
10am Get Ripped!

27
Lobby Closed
Happy Memorial Day!

28
10am Yoga
6pm PiYo/Core
7pm Pump

29
9am 20/20/20
10am **Zumba Gold**
6pm Get F.I.T.!
7pm **Cycle Circuit**

30
10am Vinyasa Flow Yoga
6 pm **Zumba**

31
10am Get Ripped!