

Orme Family Fitness

**JULY
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 Yoga
6pm Step

2
10am Yoga
6pm PiYo/Core

3
10am Zumba Gold
6pm Get F.I.T.!

4
*Lobby Closed
Happy 4th !*

5

CHILDCARE HOURS

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

8
10am Yoga
6pm Step

9
10am Yoga
6pm PiYo/Core
7pm Pump

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

11
10am Vinyasa Flow Yoga
6 pm Zumba

12
10am Get Ripped!

15
10am Yoga
6pm Step

16
10am Yoga
6pm PiYo/Core
7pm Pump

17
9am 20/20/20
10am Zumba Gold
6pm Get F.I.T.!
7pm *Cycle Circuit*

18
10am Vinyasa Flow Yoga
6 pm Zumba

19
10am Get Ripped!

22
10am Yoga
6pm Step

23
10am Yoga
6pm PiYo/Core
7pm Pump

24
9am 20/20/20
10am Zumba Gold
6pm Get F.I.T.!
7pm *Cycle Circuit*

25
10am Vinyasa Flow Yoga
6 pm Zumba

26
10am Get Ripped!

29
10am Yoga
6pm Step

30
10am Yoga
6pm PiYo/Core
7pm Pump

31
9am 20/20/20
10am Zumba Gold
6pm Get F.I.T.!
7pm *Cycle Circuit*