

Orme Family Fitness

**SEPTEMBER
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..

2
Lobby Closed
Happy Labor Day!

3
10am Yoga
6pm Get F.I.T.!
7pm Pump

4
9am 20/20/20
10am Zumba Gold
7pm Cycle Circuit

5
9am Chair Yoga
10am Vinyasa Flow Yoga
6 pm Zumba

6
10am Get Ripped!

CHILDCARE HOURS

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

9
10am Yoga
6pm Step

10
10am Yoga
6pm Get F.I.T.!
7pm Pump

11
9am 20/20/20
10am Zumba Gold
7pm Cycle Circuit

12
9am Chair Yoga
10am Vinyasa Flow Yoga
6 pm Zumba

13
10am Get Ripped!

Chair Yoga-
Suitable for
increasing balance,
strength, flexibility,
mobility..all ages
and levels of fitness
welcome!

16
10am Yoga
6pm Step

17
10am Yoga
6pm Get F.I.T.!
7pm Pump

18
9am 20/20/20
10am Zumba Gold
7pm Cycle Circuit

19
9am Chair Yoga
10am Vinyasa Flow Yoga
6 pm Zumba

20
10am Get Ripped!

23
10am Yoga
6pm Step

24
10am Yoga
6pm Get F.I.T.!
7pm Pump

25
9am 20/20/20
10am Zumba Gold
7pm Cycle Circuit

26
9am Chair Yoga
10am Vinyasa Flow Yoga
6 pm Zumba

27
10am Get Ripped!

30
10am Yoga
6pm Step