

# Orme Family Fitness

**OCTOBER  
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 Yoga  
6pm Get F.I.T.!  
7pm Pump

**2**  
9am 20/20/20  
10am Zumba Gold  
7pm Cycle Circuit

**3**  
9am Chair Yoga  
10am Vinyasa Flow Yoga  
6 pm Zumba

**4**  
10am Get Ripped!

**CHILDCARE HOURS**

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

**7**  
10am Yoga  
6pm Step

**8**  
10am Yoga  
6pm Get F.I.T.!  
7pm Pump

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

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

**11**  
10am Get Ripped!

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

**14**  
10am Yoga  
6pm Step

**15**  
10am Yoga  
6pm Get F.I.T.!  
7pm Pump

**16**  
9am 20/20/20  
10am Zumba Gold  
7pm Cycle Circuit

**17**  
9am Chair Yoga  
10am Vinyasa Flow Yoga  
6 pm Zumba

**18**  
10am Get Ripped!

**21**  
10am Yoga  
6pm Step

**22**  
10am Yoga  
6pm Get F.I.T.!  
7pm Pump

**23**  
9am 20/20/20  
10am Zumba Gold  
7pm Cycle Circuit

**24**  
9am Chair Yoga  
10am Vinyasa Flow Yoga  
6 pm Zumba

**25**  
10am Get Ripped!

**28**  
10am Yoga  
6pm Step

**29**  
10am Yoga  
6pm Get F.I.T.!  
7pm Pump

**30**  
9am 20/20/20  
10am Zumba Gold  
7pm Cycle Circuit

**31**  
9am Chair Yoga  
10am Vinyasa Flow Yoga  
Lobby Closes @ 5  
Happy Halloween!