



Now: **Eight** CommonHealth Fitness Classes in the  
James Monroe Building

**JAMES MONROE BLDG – “S” LEVEL (BASEMENT) AT END OF HALL**

**Vance Pittman**, Certified Personal Trainer for Get Fit! Core, Strength,  
Balance, Coordination, and Cardio Classes - \$5 per session



**Monday, Tuesday, Thursday at 12:15 pm-1pm**  
**Tuesday and Thursday at 5:15 pm-6 pm**  
**Open to employees at all levels of fitness**

**JAMES MONROE BLDG – “S” LEVEL (BASEMENT) AT END OF HALL**

**Angel Rodriguez**, Salsa and Latin Dance Instructor  
and Dance Competitor

**Wednesdays at 12:15 pm -- \$5 per session**



***Wear Smooth soled shoes for dancing.***

*Dance your way to fitness! No experience required.*  
*New dance styles each month!*

**JAMES MONROE BLDG – 10<sup>th</sup> FLOOR**

**Yoga classes are back!**

**Tuesdays and Thursdays**

**12:15 – 1:00 PM**

**10<sup>th</sup> Floor – James Monroe Bldg.**



**All YOGA classes will be on the 10<sup>th</sup> Floor.** Arrive between 12:05 and 12:15 pm.  
Bring a Yoga Mat. All sessions are \$5 per class – bring cash and pay instructor  
directly. Each participant must sign a waiver of liability/emergency contact  
form at first session.

Questions or suggestions about CommonHealth Fitness Classes?

Email us at [Wellness@dhrm.virginia.gov](mailto:Wellness@dhrm.virginia.gov).