

# Now: <u>Eight</u> CommonHealth Fitness Classes in the James Monroe Building

#### JAMES MONROE BLDG - "S" LEVEL (BASEMENT) AT END OF HALL

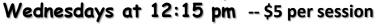
Vance Pittman, Certified Personal Trainer for Get Fit! Core, Strength, Balance, Coordination, and Cardio Classes - \$5 per session



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

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Angel Rodriguez, Salsa and Latin Dance Instructor and Dance Competitor





## Wear Smooth soled shoes for dancing.

Dance your way to fitness! No experience required.

New dance styles each month!

### JAMES MONROE BLDG - 10th FLOOR



Yoga classes are back!
Tuesdays <u>and</u> 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.