



February 2018

3 West Ave. 768-4550

www.villagefit.com

[Facebook.com/LeRoyPTatVF](https://www.facebook.com/LeRoyPTatVF)

Upcoming Programs

Bare Roots Yoga

February is Brooke's last month teaching! Don't miss it!

- Thursdays 4:30 & 6:15pm



Youth Basketball

Mondays 1/29—2/26

7:15—8:15pm

Kids in 2nd Grade

\$50/members

\$65/non-members

Kickboxing

Join Bryan on Saturday mornings at 7:30 or 8:30 am!

We'll do cardio and work with the heavy bag!

Starts 2/10

Spinning

Sign up online with our Memberme+ App!

- ♦ Tues. @ 5:30am
- ♦ \$3/class for members
- ♦ \$6/class for non-members
- ** Cancels require 24-hr notice in order to not be charged**

Fitness Specials!

Share the Love!

Join or Renew with a friend for 6 months or longer (each) and you both get a FREE personal training session AND no joining fee!

February changes, updates, & special notices:

- Don't forget to stop in and ask about our Specials!
- Please be aware of any class schedule changes!
- The Winter Slimdown ends March 2nd, but there's still time to sign up!!

Check out our blog at <http://villagefit.com/Blog/> for tips & tricks. This month's blog is about shoveling and how to avoid injury while doing this!