



August 2017

3 West Ave. 768-4550
www.villagefit.com
Facebook.com/LeRoyPTatVF

Upcoming Programs

Spinning

Sign up online with our Memberme+ App!

- ♦ Tues. & Thurs. 5:30am
- ♦ \$3/class for members
- ♦ \$6/class for non-members

Cancels require 24-hr notice in order to not be charged

Bare Roots Yoga

Brooke is now holding her own yoga practice! Class times are:

- Tuesdays 4:30 & 6:15pm
- 8/1, 8/8 & 8/15



Youth Lifting

August 14th—25th

Monday, Wednesday, Friday
1–2pm

\$40—60 (ask for details on pricing)

Athletes grades 7 & 8

Virtual 5K

Register online at www.villagefit.com or stop in!

\$20/member

\$25/non-member

August 26th & 27th!

#runderfulVillage

Fitness Special!

Renew or join for 3 months, get a t-shirt.
Renew or join for 6 months or longer, get a sweatshirt or sweatpants!

August changes, updates, & special notices:

- We are offering a CPR new course on 8/3 @ 5:30pm.
- The next SilverSneakers Brunch & Learn is on 8/11. Stop by to see Amanda between classes for a skin-softening hand spa!
- Join us for 10 fitness classes this month and get a complimentary apparel item!



Running Fitness Tips

Run during the cooler times of day (early morning or evening). It's easy to overheat or get dehydrated when you run in the afternoon—when it's hottest!