



October 2017



3 West Ave. 768-4550

www.villagefit.com

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

Upcoming Programs

Spinning

Sign up online with our Member+ App!

- ♦ Tues. @ 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:

- Thursdays 4:30 @ 6:15pm



SilverSneakers

Visit Challenge

Come in 10 times this month & get a prize!

Ask for your punch card at the desk!

Youth Strength

Camp

Grades 7 & 8

10/31—11/11

Get ready for winter sports & work on your agility with Andy!

Fitness Special!

Join or renew with a friend (each) for 3 months or longer, and you both get 1 month FREE!

Personal Training:
Buy 10 sessions,
Get 2 FREE!

October changes, updates, & special

notices:



- Fall Slimdown begins Monday 10/2! Ask for details or sign up at the front desk or online!
- Spin is only being held on Tuesdays this month
- Don't forget that as the weather gets colder, we can help you with your child's birthday party!!

Fitness Tips

Don't get sucked into the Halloween candy trap! Make sure you limit your intake & choose options like dark chocolate or low fat candies!