



# November 2017

3 West Ave. 768-4550

[www.villagefit.com](http://www.villagefit.com)

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

## Bare Roots Yoga

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

- Thursdays 4:30 & 6:15pm



## Upcoming Programs

### Youth Tumbling

Grades K-2

Tuesdays

11/14 - 12/5

\$50 for

non-members

\$40 for

members

### Youth Strength Camp

Grades 7 & 8

Tues. & Thurs.

10/31—11/11

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

## 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 Special!

Black Friday BOGO 1/2 Off Special:

Buy 3 Months, Get 3 Months 1/2 Off!

## November changes, updates, & special notices:

- We will be closed on Thursday 11/23 for Thanksgiving
  - We will be open on Friday 11/24 from 7am to 3pm
  - Black Friday Specials will be valid 11/24—11/26 ONLY!
- Please be aware of any class schedule changes!
- Stay tuned for fun holiday classes & specials!

Check out our blog at <http://villagefit.com/Blog/> for fitness tips & tricks. This month's blog is How to Have an Enjoyable Holiday Season Without the Weight Gain!