



3 West Ave. 768-4550

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 Programs!

Check back soon for our upcoming winter youth programs!!



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!

12 Days of Fitness

Stop in or follow us on Facebook to see each day's special!
12/13—12/24

December changes, updates, & special notices:

- We will be closed on Monday 12/25 for Christmas
- Don't forget to stop in each day from 12/13—12/24 for our 12 Days of Fitness specials!
 - Please be aware of any class schedule changes!
- The Winter Slimdown will begin January 8th & end March 2nd!

Check out our blog at <http://villagefit.com/Blog/> for fitness tips & tricks. This month's blog is Mindfulness & How to incorporate it for a more enjoyable holiday season!