



# FIT PLUS

## SMALL GROUP FITNESS TRAINING CHALLENGE

August 1 - 30, 2019

### JUMP INTO THE CLASS

#### MONDAY

9:30 - 10:30am  
12:00 - 12:45pm  
12:30 - 1:15pm  
5:00 - 6:00pm

#### TUESDAY

9:00 - 10:00am  
12:00 - 12:45pm  
12:30 - 1:15pm  
4:00 - 5:00pm

#### WEDNESDAY

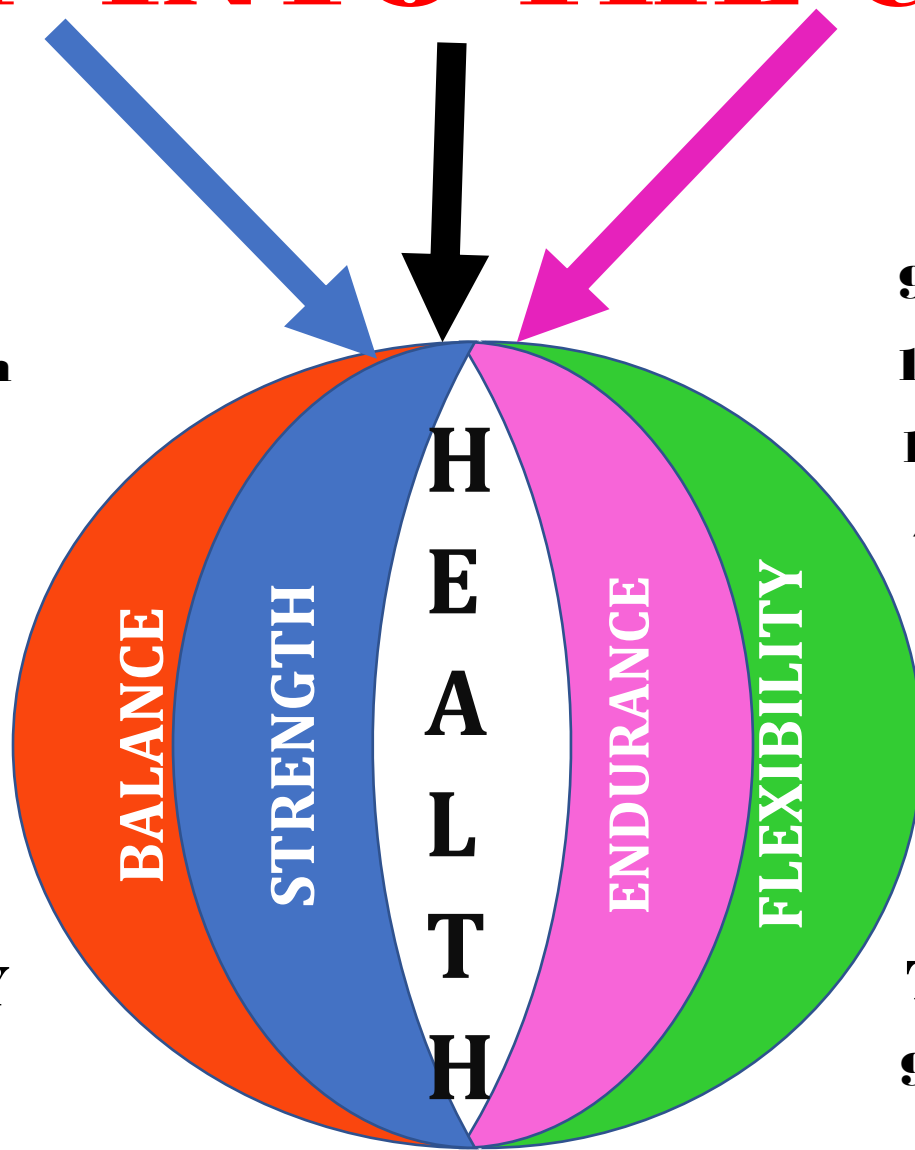
9:30 - 10:30am  
12:00 - 12:45pm  
12:30 - 1:15pm

#### THURSDAY

9:00 - 10:00am  
4:00 - 5:00pm  
5:00 - 6:00pm

#### FRIDAY

10:30 - 11:30am



**LIVE BETTER - STAY FIT - ENJOY LIFE**

#### Staff Trainers:

**Josh Gaskins**

**Ayse Mazicioglu**

**Liz Stovall**

For more information please visit: <https://power.henrico.us/health-trip>