

# **FREE FITNESS CLASSES**

**Start your journey to a healthy new you today!  
Come enjoy a fun, energetic workout featuring cardio, strength and flexibility**

**Westover Community Center  
1301 Jahnke Road  
Richmond, VA 23225**

**Mondays and Wednesdays 6PM-7PM  
with  
Mark Taylor  
Warrior First Class**

Brought to you by the Active RVA Warriors Program

