

# FREE FITNESS CLASS

Start your journey to a healthy new you today!  
Come enjoy a fun workout featuring cardio, strength and flexibility  
Drop the kids off at school and enjoy a free workout!!

**Every Wednesday from 9-10 am**  
**Ginter Park UMC**  
**1010 W. Laburnum Ave**  
**Richmond, VA 23227**

Brought to you by the **Active RVA Warriors Program**



For more information contact Alicia Grove, [aliciagrove@gmail.com](mailto:aliciagrove@gmail.com) or visit <http://www.activerva.org/about/projects/warriors/warriors-class-schedule/>