

# FREE FITNESS CLASSES

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

**Blackwell Community Center**  
**300 E. 15<sup>th</sup> Street**  
**Richmond, VA 23224**

**Tuesdays 6:30PM-7:30PM**  
**Classes begin September 16<sup>th</sup>**

Brought to you by the Active RVA Warriors Program



For more information visit [www.activerva.org/about/programs/warriors](http://www.activerva.org/about/programs/warriors)