

FITNESS CLASS SCHEDULE

CULTIVATING THE BALANCE BETWEEN PHYSICAL, HOLISTIC, AND MENTAL WELL-BEING

LUNCH CRUNCH

SMALL GROUP TRAINING

12:15PM - 12:45PM

**Mondays
Wednesdays
Fridays**

YOGA

GENTLE YOGA FOR ALL LEVELS

7:30AM - 8:30AM

**Mondays
Wednesdays**

10:00AM - 11:00AM

**Tuesdays
Thursdays**

ALTERNATIVE FITNESS

GROUP CLASSES

**COMING SOON:
ZUMBA**

CHECK BACK SOON!

Monday through Thursday 7am - 7pm | Friday 7am - 5pm | Saturday 8am - 2pm | Sunday Closed

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