



Now: ***Eight*** CommonHealth Fitness Classes in the
James Monroe Building

JAMES MONROE BLDG – “S” LEVEL (BASEMENT) AT END OF HALL

Vance Pittman, Certified Personal Trainer for Get Fit! Core, Strength,
Balance, Coordination, and Cardio Classes - \$5 per session



Monday, Tuesday, Thursday at 12:15 pm-1pm
Tuesday and Thursday at 5:15 pm-6 pm
Open to employees at all levels of fitness

JAMES MONROE BLDG – “S” LEVEL (BASEMENT) AT END OF HALL

Angel Rodriguez, Salsa and Latin Dance Instructor
and Dance Competitor



Wednesdays at 12:15 pm -- \$5 per session

Wear Smooth soled shoes for dancing.

Dance your way to fitness! No experience required.
New dance styles each month!

JAMES MONROE BLDG – 10th FLOOR

Yoga classes are back!

Tuesdays and Thursdays

12:15 – 1:00 PM

10th Floor – James Monroe Bldg.



All YOGA classes will be on the 10th Floor. Arrive between 12:05 and 12:15 pm.
Bring a Yoga Mat. All sessions are \$5 per class – bring cash and pay instructor
directly. Each participant must sign a waiver of liability/emergency contact
form at first session.

Questions or suggestions about CommonHealth Fitness Classes?

Email us at Wellness@dhrm.virginia.gov.