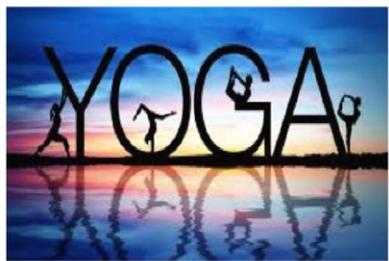




Summer Wellness Schedule

Capitol Square Area

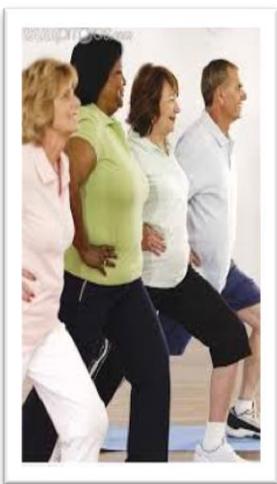


**Yoga for all levels – with
Heather Cauley**

Mondays – 12:15 – 1pm – MAD*

Wednesdays – 12:15 – 1pm – JMB*

Wednesdays – 5:15 – 6pm – MAD*



Core Fitness Classes – with Vance Pittman

Complete workout for all fitness levels

Mondays – 12:15 – 1pm – JMB*

Tuesdays – 12:15 – 1 AND 5:15 – 6pm- JMB*

Wednesdays – 12:15 – 1pm – JMB*

Thursdays – 12:15 – 1 AND 5:15 – 6pm- JMB*

All Equipment Provided – weights, mats, towels, step stations



*Coming Soon: New schedule for
Wellness Wednesdays Walks!*

**WHO is your
champion?**

**Wellness
CHAMPION**

Deadline is
June 30, 2016

**CommonHealth wants to know who
inspires you to live well?**

(See poster below or go to
www.CommonHealth.Virginia.Gov)

*JMB = James Monroe Bldg., S level

*MAD = Madison Bldg., Lobby level