

Free Community Exercise Program

and health information

NOW Fitness | 115 Jefferson Hwy, Suite 15 | Louisa, VA
(in back of the Sage Building)



XTREME HIP-HOP with Avis Fields



Tuesdays
6:00 – 7:00 p.m.



BOOTCAMP STYLE FITNESS with Traquan Garnett



Wednesdays
6:00 – 7:00 p.m.
Saturdays
9:00 – 10:00 a.m.

For more information please contact Seirra Winn at
434-984-6220 or smwinn@sentara.com