

# Free Exercise Classes in Charlottesville

Beyond Fitness | 1538 Rio Road, Suite E  
Charlottesville, VA



## XTREME HIP-HOP with Avis Fields



Wednesdays  
5:30 – 6:30 p.m.

- All fitness levels welcome
- Step board and weights provided

For more information:  
[www.mjhfoundation.org/our-events/fitness-classes/](http://www.mjhfoundation.org/our-events/fitness-classes/)