

# Free Exercise Classes in Esmont



## XTREME HIP-HOP with John Thompson



Saturdays  
9:30 - 10:30 a.m.

*Join us after the community walk  
All ages welcome*

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Yancey Community Center  
7625 Porters Road  
Esmont, VA 22937

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