

# UPCOMING *Fitness Programs*

Each program is a **6 week course** for **\$60** designed for all levels.  
Come experience how fitness can change your life!

Pre-register at Pittsylvania County Parks and Recreation Community Center.



## *Summer Yoga Session II*

**Mondays from 6-7pm • Beginning August 13th**  
Offered at the Pittsylvania Community Center

## *Fitness in the Park*

**Thursdays from 6-7pm • Beginning August 16th**  
Offered at Cavalier Park behind Chatham Middle  
11650 US Highway 29 North, Chatham, VA 24531



## *Fall Yoga Session*

**Mondays from 6-7pm • Beginning October 8th**  
Offered at the Pittsylvania Community Center

## *Fall Step Aerobics*

**Thursdays from 6-7pm • Beginning October 4th**  
Offered at the Pittsylvania Community Center



### **Instructor: Jerusha Mann-Kazmier**

Jerusha Mann-Kazmier, MS, RYT-200Hr has a master's degree in kinesiology and a bachelor's degree in exercise physiology, in addition to her yoga teacher training in CA. She has been practicing and instructing for over 15 years at colleges, private studios, corporate gyms, and addiction treatment centers.

115 S. Main Street, Chatham, VA 24531  
For more information, please call (434) 432-7736,  
email [recreation@pittgov.org](mailto:recreation@pittgov.org) or visit our website.

