

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

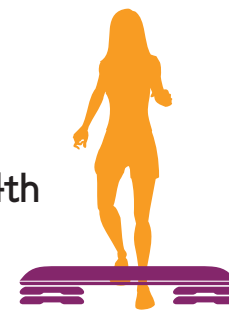


Fall Yoga Session

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 or visit our website.

