



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BRUNSWICK FITNESS FUN



Group Exercise Classes BRUNSWICK COUNTY LIBRARY

1:00 p.m. Tuesday - Chair Yoga

10:00 a.m. Thursday - SilverSneakers Classic

10:00 a.m. Friday - Fitball Toning

Location:
Brunswick County Library
Upstairs
133 West Hicks Street
Lawrenceville, VA 23847

Y Members ages 18 & up:
Bring Y membership card and photo id.

Guests ages 18 & up:
Purchase punch cards for ten classes = \$20 at the
library main desk (cash and check only) or at the Y.
Cards will not be sold at class.

Childcare will not be provided.

FAMILY YMCA OF EMPORIA-GREENSVILLE
212 Weaver Avenue
Emporia VA 23847
434 348 9622 www.emporiagreensvilleymca.org



@YMCAofEG