



Charles City County Fitness Center

Building a better YOU!!



Fitness Classes

Monday

8:00 AM - Mat Yoga Level 1 Plus

*Previous Experience Required

9:00 AM - Therapeutic Mat Yoga

10:00 AM - Therapeutic Chair
Yoga

6:00 PM - Therapeutic Mat Yoga

Tuesday

9:00 AM - Gentle Cardio

10:00 AM - Muscle Conditioning

Wednesday

9:00 AM - Therapeutic Mat Yoga

10:00 AM - Therapeutic Chair
Yoga

Thursday

9:00 AM - Body Sculpt

6:30 PM - Zumba Gold



Call (804) 652-1601 for more
information on pricing and
membership options.