

IMPORTANT! KEEP THIS ALL SEASON!



Movin' & Groovin': Session Two

It's time to pump up that old workout routine and get blood "movin" and body "grooving." This low impact workout will combine step aerobics, dance moves, walking and the use of the fitness equipment. **The goals of this program are to increase physical activity, take muscles and joints through the full range of motion and promote a healthy lifestyle.**

Program Leader	TBA
Program Liaison:	Alex Redenius alexr@fvsra.org
Location:	VAC
Date(s):	Wednesdays, Feb 15-Apr 4
No Program Dates	
Time:	3:15pm-4:15pm
Program Code:	312-6004-2-4

Location	Drop Off	Pick Up
WP	2:30 pm	5:00 pm
TC	3:00 pm	XX
SG	XX	4:30 pm
If meeting at the Site,	3:15 pm	4:15pm

Notes:

- Please wear appropriate workout attire (closed toe shoes, T-shirt, NO JEANS, supportive undergarments, etc.)
- Failure to wear appropriate workout attire will result in the cancellation of the session and it will not be rescheduled.

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