

# NORFOLK FITNESS & WELLNESS CENTER CLASS RELOCATION

NFWC Closing March 28

A brand-new NFWC is on the way! While new things are happening, we will be relocating current classes to other Norfolk Parks & Recreation facilities.

	MON	TUE	WED	THU	FRI
10 AM		<b>Core &amp; Balance</b> (moving to LDM)		<b>Core &amp; Balance</b> (moving to LDM)	<b>Deep Stretch</b> (moving to LDM)
11 AM	<b>Chair Aerobics</b> (moving to EOVC)	<b>Personal Training</b> (moving to LPCC)	<b>Chair Aerobics</b> (moving to EOVC)	<b>Personal Training</b> (moving to LPCC)	<b>Personal Training</b> (moving to LPCC)
2 PM	<b>Personal Training</b> (moving to LPCC)		<b>Personal Training</b> (moving to LPCC)		<b>Personal Training</b> (moving to LPCC)
3 PM			<b>Personal Training</b> (moving to LPCC)		<b>Personal Training</b> (moving to LPCC)
5 PM	<b>Boot Camp</b> (moving to LPCC)	<b>Body Sculpt</b> (moving to LPCC)	<b>Boot Camp</b> (moving to LPCC)	<b>Body Sculpt</b> (moving to LPCC)	
6 PM	<b>HITT Fit</b> (moving to LPCC)	<b>Women on Weights</b> (moving to LPCC)	<b>HITT Fit</b> (moving to LPCC)	<b>Women on Weights</b> (moving to LPCC)	



## LAKEWOOD

### DANCE & MUSIC (LDM)

1612 Willow Wood Drive, 23509

## EAST OCEAN VIEW

### COMMUNITY CENTER (EOVC)

9520 E. 20th Street, 23518

## LAMBERT'S POINT

### COMMUNITY CENTER (LPCC)

1251 W. 42nd Street, 23508

