

# 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		Core & Balance (moving to LDM)		Core & Balance (moving to LDM)	Deep Stretch (moving to LDM)
11 AM	Chair Aerobics (moving to EOVCC)	Personal Training (moving to LPCC)	Chair Aerobics (moving to EOVCC)	Personal Training (moving to LPCC)	Personal Training (moving to LPCC)
2 PM	Personal Training (moving to LPCC)		Personal Training (moving to LPCC)		Personal Training (moving to LPCC)
3 PM			Personal Training (moving to LPCC)		Personal Training (moving to LPCC)
5 PM	Boot Camp (moving to LPCC)	Body Sculpt (moving to LPCC)	Boot Camp (moving to LPCC)	Body Sculpt (moving to LPCC)	
6 PM	HITT Fit (moving to LPCC)	Women on Weights (moving to LPCC)	HITT Fit (moving to LPCC)	Women on Weights (moving to LPCC)	

CLASS  
RELOCATION  
BEGINS  
APRIL 1

**LAKWOOD  
DANCE & MUSIC (LDM)**  
1612 Willow Wood Drive, 23509

**EAST OCEAN VIEW  
COMMUNITY CENTER (EOVCC)**  
9520 E. 20th Street, 23518

**LAMBERT'S POINT  
COMMUNITY CENTER (LPCC)**  
1251 W. 42nd Street, 23508

