

Class	Day	Time	Location	Contact
Weekday Warrior Workouts <i>with Josiah</i>	Wed.	6:45-7:30pm	A	(804) 762-2308 <i>Moderate to high intensity cardio and strength training class. All that is needed is the will to work!</i>
Push Through <i>with Lindsey</i>	Wed.	5:30-6:30pm	B	(804) 683-0417 <i>A weekly workout that is full of energy, great music, and lots of sweat.</i>
iDecide 2bFit Fitness <i>with Regina</i>	Fri.	6:30-7:30pm	C	(434) 602-2919 <i>General fitness, dance, and fun. Welcoming all fitness levels!</i>
Guts and Glutes Bootcamp <i>with Mimi</i>	Sat.	9:30-10:30pm	D	(804) 641-4824 <i>Boot camp and circuit training class. We are pushing you to best you can be while having fun!</i>
FIT.com <i>with Willette</i>	Tues.	6:30-7:30pm	E	(804) 513-1041 <i>Challenge your body and mind with cardio, strength, endurance, flexibility and balancing workouts.</i>
Total Fit <i>with Tee</i>	Tues.	7:30-8:30pm	F	(804) 437-3082 <i>A full body family friendly class. Workouts are created to be fun and enjoyable for all participants.</i>
Limitless Hearts Fitness <i>with Shirtiera</i>	Tues.	6:30-7:30pm	G	(804) 564-9160 <i>Strengthen your heart and body with a mix of workouts that build flexibility, strength, and agility while having fun. There is no limit when you have heart!</i>
CardioFlo <i>with Cheryl</i>	Tues.	5:30-6:30pm	H	(804) 310-0063 <i>Incorporates modified choices of low to high impact cardio exercises with the supplementation of resistance bands and floor exercises adapted to the chair.</i>
LiveFit Kickboxing <i>with Robin</i>	Mon.	6:00-7:00pm	G	(804) 393-3409 <i>Increase strength, confidence, coordination, and get a kickbutt cardio workout! Ages 10 and up.</i>
Move it Monday <i>with Tiffany</i>	Mon.	6:30-7:30pm	D	(804) 647-6153 <i>Cardio and strength circuit training workout will build your all-around fitness, improve strength, and increase your stamina.</i>
Everyday Fit Fix <i>with Olga</i>	Mon.	5:30-6:30pm	I	(804) 245-6899 <i>Fun, full body workout geared toward increasing strength, flexibility and reaching personal fitness goals.</i>

Class	Day	Time	Location	Contact
Me Too! Kids Fitness <i>with Tiffany</i>	Mon.	6:00-7:00pm	T	(804) 721-2843 <i>This fun, family-friendly fitness class is designed to expose kids, young and old, to different fitness styles.</i>
Heart and Soul Fitness <i>with Sarah</i>	Tues.	6:00-7:00pm	U	(804) 732-9717 <i>Cardio, stretches, agility exercises, light weights, beginner boxing, and chair options for those with limited mobility.</i>
Group Fit <i>with Jason B.</i>	Thurs.	7:00-7:45pm	V	(804) 476-8875 <i>Full body fitness interval training class. Improve muscular endurance and strength.</i>
Tabata <i>with Taliah</i>	Tues.	5:45-6:45pm	W	(804) 904-0967 <i>High Intensity Interval Training mixed with hip-hop moves designed to sculpt and shape your body. Women only, children welcome.</i>
Hopewell Warriors <i>with Carla</i>	Wed.	6:15-7:00pm	V	(703) 409-9678 <i>Total body workout offers complete body conditioning. Resistance and cardio training exercises improve endurance and help build strength.</i>
H.I.I.T. It! <i>with Rebecca</i>	Mon.	6:00-7:00pm	X	(804) 955-0965 <i>An interval-training based full-body workout for all ages and abilities! Get stronger, faster, and healthier!</i>
Goals with Gordon <i>with Elicia</i>	Thurs.	5:35-6:35pm	W	(804) 631-3451 <i>A cardio, strength training, and equipment based workout done to a variety of music.</i>
Levels w/Tiff <i>with Tiffany</i>	Mon.	6:00-7:00pm	Y	(804) 892-2308 <i>A combined cardio, hip hop, and aerobics class.</i>
Living Well With Caldwell-Chair Dance <i>with Theresa</i>	Thurs.	12:00-1:00pm	T	(804) 829-3550 <i>Low-impact, midday party designed to give you a full body workout w/out a lot of standing! Perfect for active older adults and those returning to exercise.</i>
FIT ‘n FORMation <i>with Denise</i>	Wed.	6:00-7:00pm	Z	(804) 721-9944 <i>Music and dance based class with focus on proper form. Cardio, body weight training, line dancing, and more!</i>
Fit it In - Training for Life <i>with Talibah</i>	Wed.	6:00-7:00pm	T	(804) 244-1491 <i>Low impact, high energy cardio class using all modes of exercise to help you reach your fitness goals.</i>
Lovin’ Some Me Fitness <i>with Jayme</i>	Mon.	6:00-7:00pm	1	(804) 852-0860 <i>A total body workout using various modalities and fitness styles to keep your workout fresh!</i>
Enough <i>with Arlene</i>	Tues.	7:00-8:00pm	2	(804) 518-6141 <i>A fun dance-based workout infused with strength and flexibility movements. You are strong Enough. You are capable Enough. You are ENOUGH!</i>

Class	Day	Time	Location	Contact
Free Spirit Fitness <i>with Lisa</i>	Mon.	6:15-7:00pm	J	(804) 571-1628 <i>Join us for a family-friendly, low impact cardio and strength training workout.</i>
Getting It In <i>with Quinn</i>	Mon.	6:30-7:30pm	K	(804) 502-7350 <i>A total-body workout consisting of a warm-up, training segment and cool down, utilizing a variety of methods to increase strength and endurance.</i>
1 Step 2 Health Fitness <i>with Andrea</i>	Wed.	6:30-7:30pm	L	(804) 909-2843 <i>A mix of dance, cardio, and strength with a touch of yoga for a full body workout.</i>
Dynamic Fitness <i>with Eboni</i>	Wed.	6:00-6:45pm	M	(804) 803-5184 <i>Enjoy dancing, working out in our chairs, on our mats, and laughing along the way!</i>
New Found Life Fitness <i>with Robert</i>	Tues.	6:30-7:30pm	N	(804) 878-6422 <i>Weight training, HIIT, and Boot Camp style training for a full body workout.</i>
E-7 Fitness <i>with Yolanda</i>	Mon. Thurs.	12:30-1:30pm 6:30-7:30pm	O	(804) 829-3047 <i>Focus on helping individuals and families achieve greatness through fitness. Get stronger and live healthier! Bring a mat, towel, and water!</i>
Fun & Fitness <i>with Kathy B</i>	Wed. Thurs.	5:30-6:15pm 6:00-7:00pm	J P	(804) 399-0954 <i>Provides a total body workout with functional cardio, strength building, flexibility and core exercises.</i>
Every day is the Best Day <i>with C.T.</i>	Tues.	6:00-7:00pm	Q	(804) 852-4745 <i>Come receive a free and fun full body workout that incorporates strength, cardio, and flexibility exercises.</i>
Soulful Movement <i>with Jerica</i>	Wed.	4:30-5:30pm	R	(804) 980-4189 <i>Soulful Movement is a cardio infused workout routine where we explore full body movement through dance leaving you energized & fulfilled.</i>
Shape Up <i>with Shannie</i>	Mon.	5:30-6:30pm	S	(757) 546-4486 <i>This is a total body HIIT class that is designed to improve muscular strength, flexibility, and endurance.</i>

OTHER

(Amelia, Burkeville, Glen Allen, and Tuckahoe)

Class	Day	Time	Location	Contact
REBOOT <i>with LaCora</i>	Mon. Wed.	5:00-6:00pm 6:00-7:00pm	3 4	(434) 264-1708 <i>Low to high impact workouts that boost energy level, burn calories, reduce stress, and assist in achieving personal fitness goals.</i>
Strength in Numbers <i>with Carole</i>	Mon.	6:30-7:30pm	5	(804) 572-8604 <i>Class design is fusion of cardio, strength and flexibility.</i>
The Exercise Alternative <i>with Carole</i>	Thurs.	9:00-9:45am	6	(804) 572-8604 <i>A chair fitness class designed to give you a total body workout!</i>

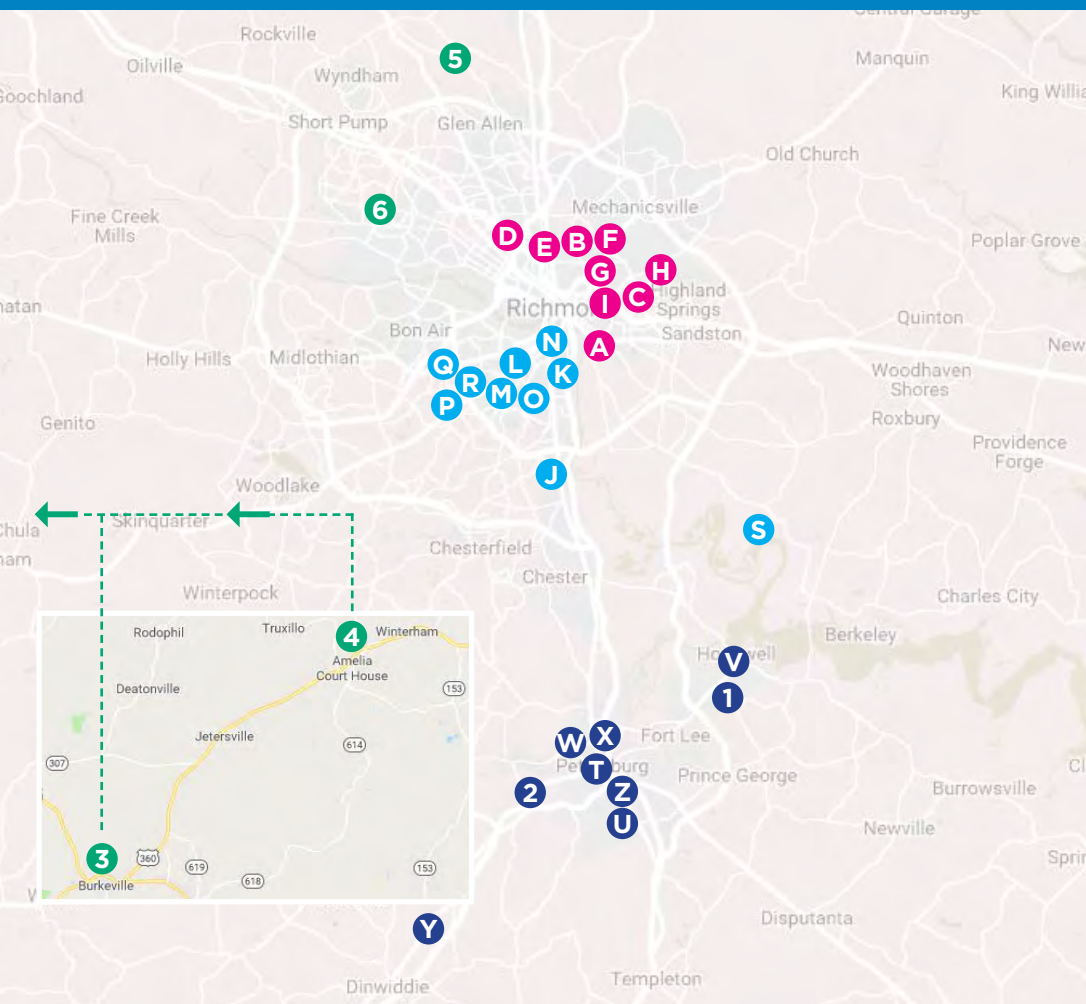
SPORTSBACKERS.ORG/WARRIORS-SCHEDULE

@RVAFitnessWarriors  

Schedule is subject to change.

Check online schedule for up-to-date information!

CLASS LOCATIONS



A Powhatan Recreation Center
5051 Northampton St Richmond 23231

B Providence Park Baptist Church
468 East Ladies Mile Rd Richmond 23222

C Sarah Garland Jones Center
2600 Nine Mile Rd Richmond 23223

D Ginter Park Presbyterian Church
3601 Seminary Avenue Richmond 23227

E Sixth Baptist Church
400 S. Addison Street Richmond 23220

F Trinity Family Life Center
3601 Dill Road Richmond 23223

G St. Paul's Baptist Church
4247 Creighton Rd. Henrico 23223

H Richmond Public Library
101 E. Franklin Street Richmond 23219

I Great Hope Baptist Church
2101 Venable Street Richmond 23223

J Bensley Community Center
2900 Drewrys Bluff Road Chesterfield 23237

K Bellmeade Community Center
1800 Lynhaven Avenue Richmond 23224

L Saint Paul's Baptist Church (Southside Campus)
700 E Belt Blvd Richmond 23234

M Southside Community Center
6255 Old Warwick Road Richmond 23224

N Blackwell Community Center
300 E 15th St. Richmond 23224

O Hickory Hill Community Center
3000 E Belt Blvd Richmond 23234

P Faith and Family Center
7900 Walmsley Blvd N. Chesterfield 23235

Q Stonebridge Recreation Center
230 Karl Linn Drive N. Chesterfield 23225

R G.H. Reid Elementary School
1301 Whitehead RD Richmond 23235

S Hatcher Tobacco Flats
151 W Commerce Road Richmond 23224

T Petersburg Public Library
201 West Washington St Petersburg 23803

U Covenant Presbyterian Church
201 Walnut Blvd Petersburg 23805

V Hopewell Community Center
100 W City Point Road Hopewell 23860

W Mayes-Colbert Ettrick Community Center
20621 Woodpecker Road Chesterfield 23803

X Colonial Heights Community Center
157 Roanoke Avenue Colonial Heights 23834

Y Olive Branch Baptist Church Fitness Annex
11119 Boydton Plank Road Dinwiddie 23841

Z Lutheran Church of Our Redeemer
1769 S. Sycamore Street Petersburg 23805

1 Friendship Baptist Church
1305 Arlington Rd Hopewell 23860

2 St Paul's Baptist Church Petersburg
29 Elm Street Petersburg 23803

3 Burkeville Elementary School
507 Miller Street Burkeville 23922

4 Amelia Parks and Recreation Center
16330 Dunn Street Amelia 23002

5 Winn's Baptist Church
12320 Winn's Church Road Ashland 23005

6 Marywood Apartments
1261 Marywood Lane Henrico 23229



OTHER WAYS TO GET INVOLVED

BECOME A WARRIOR

We're looking for dedicated people with a deep passion for fitness and a heart to make a difference where it matters most. **Here's what you need to know:**

- Warriors are selected through an application and interview process
- Selected applicants receive six months of free training and support from fitness professionals
- Warriors give back to the community through free weekly fitness classes

“The Fitness Warriors program is an amazing platform. Through this initiative, lives are being changed. We're tackling the important public health issues in our communities. This program is making a difference.”

Terrica Woolridge, Warriors 2nd Class

HOST A CLASS

We are looking for organizations that want to help us bring free fitness opportunities to the communities that need them most! **If this sounds like you, visit our website to complete the host site application today!**

“Seeing people who normally never exercise suddenly have the access to a free workout in a safe space feels like a big win.”

Hull Street Library

SPORTSBACKERS.ORG/PROGRAM/FITNESS-WARRIORS

@RVAFitnessWarriors  

JANUARY - JUNE 2019 CLASSES



FITNESS WARRIORS

Whether you're looking for a fun way to get moving or need a supportive group to keep you motivated, we offer FREE fitness classes for every level of fitness!

