

Bring athletic shoes, comfortable clothing, towel, water bottle and a yoga mat and come prepared to party and sweat!

Fit Fusion RVA

Join
the
Party

Get your
Fitness
on!

FREE Class
Every
Wednesday
6:30-7:30pm

Fitness For All Ages
and Levels

Questions?
Andrea Boozer
804-909-2843
fitfusionrva@gmail.com

Like us on Facebook
@Fitfusionrva

Fit Fusion will challenge your muscles and your mind in new ways by ramping up your calorie burn through cardio, dance, boxing & yoga, building your mind and muscles with routines that will improve your flexibility, balance and strength.

Nia Inc. of Greater Richmond is sponsoring Fit Fusion RVA at the Belt Campus of Saint Paul's Baptist Church.



The Saint Paul's Baptist Church
"A Church for People on the Grow!"

Location:
Saint Paul's Baptist Church
(Belt Campus) 700 E. Belt Blvd
Richmond, VA. 23234