

Fitness Fridays on Channel 3

Petersburg Public Library
201 West Washington St.
(804) 732-2387
www.ppls.org



FIT IT IN

October 23, 12:00 noon
November 13 12:00 noon
December 4, 12:00 noon
December 25, 12:00 noon

SIT and BE FIT

October 30, 12:00 noon
November 20, 12:00 noon
December 11, 12:00 noon

YOGA

November 6, 12:00 noon
November 27, 12:00 noon
December 18, 12:00 noon



Come get answers about your health at the
HEALTHY LIVING AND LEARNING CENTER
PETERSBURG PUBLIC LIBRARY

