SPORTS BACKERS

FITNESS WARRIORS

FREE & FUN FITNESS CLASSES!

GET ACTIVE WITH THE FITNESS WARRIORS! The Fitness Warriors support hundreds of Richmond area residents like you to get active! Weekly Warriors classes bring neighbors together, build healthier communities, and raise the bar for Richmond's fitness.

FIND YOUR CLASS & GET STARTED

Every week, trained Fitness Warriors host FREE classes across our region.

1. Find your class at **sportsbackers.org**. With classes practically every day, hosted at a range of sites, you pick the one that works for you!

Warrior Name Angela Hayes

Contact Info 804-652-1601

Location & Time Charles City Gym: 13100 The Glebe Ln

Class Description Classes begin October 7th at 6:30 PM

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2. Come with a smile! We also recommend you bring water and wear sneakers.

3. Warrior fitness classes are for everyone – all fitness levels, all ages, and all Richmonders. We mix it up, combining our routines to include relaxation, cardio, strength, and flexibility exercises.

4. Start feeling better and seeing results! With no fees. Totally free.

Anthem Blue Cross and Blue Shield proudly supports Sports Backers' efforts to make the community more active and is proud to join the Active RVA movement.

Anthem BlueCross BlueShield

Anthem Blue Cross and Blue Shield Foundation

Richmond City Health District

Active RVA

FIT-TO-GO