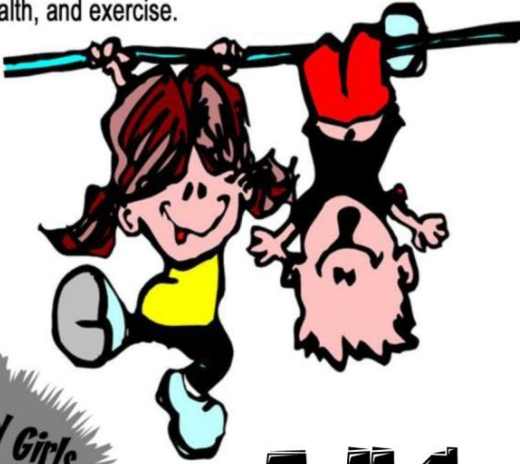


Virginia Techniques Training Center

home SCHOOL

Our Healthy Homeschoolers class is a hit with area homeschoolers. This hour-long class develops all components of physical fitness including strength, cardiovascular endurance, balance, and flexibility. Students will learn the fundamentals of gymnastics and participate in fun and challenging games. The class is supervised by fitness professionals with degrees in nutrition, health, and exercise.



Boys and Girls
Ages 4 and up!

Fall Session
August 31 - November 16

12 weeks
only
\$92

Wednesdays
2:30 pm - 3:30 pm

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