

Important Vfit News! Vfit is taking on a new focus!

We say goodbye to our monthly calendar of Zumba, TRX, SPINNING, Yoga, Piloxing, and Barre. It has been a great run and the end of this regular class schedule is bitter-sweet.

We will continue to have Personal Training, events, and pop-up classes. If you would like more information on our new offerings, or to be added to our mailing list, please contact us at

studiofitness@gmail.com

Thank You!

Vfit would like to thank everyone who has stepped through our doors over the years, whether it was once or one thousand times. You have contributed to an amazing journey and you will be missed. We would also like to thank all of our instructors. Some have moved on to other venues, states, careers, while others have stayed the duration. Without you, the success of our program would not be the same. We wish you the best in whatever you do!

**THANK YOU to our current instructors...the survivors...I salute you:
Carlos, Raquel, LeeAnn, Debra, best wishes my friends!**

Also a thank you to our past instructors:

Diana, Sam, Nicole, Jess, Josh, Alex, Angela, Karen, Miwana, Chloe, Donna, Chris,
R.I.P. Pat. Thank you for all you gave.

Moving Forward

As Vfit continues to move forward, please stay tuned. Our Facebook page will be updated regularly and if you have elected to be on our mailing list, you will receive updates as they come. If you have any further questions, please be sure to use our email address:

studiofitness@gmail.com as our current phone number will soon no longer be in service.

Thank you!