



Fitness Classes at the Henrico Training Center September – October 2026

Monday

8:00 – 9:00 AM	COD3 FIT*/Josh
9:30 – 10:15 AM	Fit Plus/Ayse
10:30 – 11:30 AM	COD3 FIT*/Josh
11:45 AM – 12:30 PM	ABLE/Josh
1:00 – 1:45 PM	Weight Room Training/Ayse
4:45 – 5:45 PM	Circuit Breaker /Ayse

Tuesday

6:30 – 7:15 AM	ABLE/Josh
8:00 – 9:00 AM	COD3 FIT*/Josh
10:30 – 11:30 AM	COD3 FIT*/Josh
11:45 AM – 12:30 PM	Pickleball/Ayse
12:30 – 1:30 PM	Fit Plus/Josh
4:45 – 5:45 PM	Step Fusion/Liz

Wednesday

8:00 – 9:00 AM	COD3 FIT*/Josh
9:30 – 10:15 AM	Fit Plus/Ayse
10:30 – 11:30 AM	COD3 FIT*/Josh
11:45 AM – 12:30 PM	Step & Core/Liz
12:30 – 1:30 PM	Fit Plus/Josh
1:00 – 1:45 PM	Weight Room Training/Ayse
4:30 – 5:00 PM	Fitness Orientation/Liz
4:45 – 5:45 PM	Core & Abs Flow /Ayse

Thursday

6:30 – 7:15 AM	ABLE/Josh
8:00 – 9:00 AM	COD3 FIT*/Josh
9:30 – 10:15 AM	Fit Plus/Ayse
10:30 – 11:30 AM	COD3 FIT*/Josh
11:45 AM – 12:30 PM	Foundations/Joey
12:30 – 1:30 PM	Fit Plus/Josh
1:00 – 1:45 PM	Weight Room Training/Ayse
4:45 – 5:45 PM	Run Fit/Walk Fit/Ayse
5:00 – 6:00 PM	Restorative Yoga/Romy

Friday

6:30 – 7:15 AM	Extremely Fit/Ayse
10:30 – 11:30 AM	COD3 FIT*/Josh
11:45 AM – 12:30 PM	Pickleball/Ayse
12:30 – 1:30 PM	Move Strong/Joey

Stay Connected

Email us at Fitness@henrico.gov to join our mailing list or connect with us on Wodify to access our class schedule and view WODs.



Please Note:

Employee participation in fitness programming is voluntary. Henrico County General Government and Public Schools employees who elect to participate do so on their own time. All employees are responsible for discussing the use of leave time with their supervisor before participating in a fitness program. Divisions of Fire and Police have separate policies for sworn personnel. Please clarify such policies with your Public Safety Division's Personnel Office.

*COD3 FIT is for Sworn Public Safety Employee only.

