## OCPR Adult Healthy Living Sampler

In partnership with Aaron Davila of The Madison Training Zone, Orange County Parks & Recreation is proud to offer a healthy living sampler, with each session showcasing upcoming new health and fitness courses which will be offered starting January 2014!



Classes will be held Tuesday Evenings at 6:00pm,

November 12th - December 3rd

Prospect Heights Middle School Gym

Pre-Registration is required, please contact OCPR at (540) 672-5435

www.orangecountyva.gov/parksandrecreation



Your Instructor, Aaron Davila (pictured, both right and left), is a Certified Personal Trainer, Weight Loss Specialist, and Nutrition Counselor. He has personally lost 110lbs\* through exercise and proper nutrition. Let him share his expertise with you for a fraction of what a gym costs.

