

LES MILLS

LAUNCH

SATURDAY, FEB 1

Join us for an exciting Les Mills Launch, Saturday February 1 - and get ready to experience all-new releases of your favorite workouts:

8:30 - BODYATTACK

9:15 - **New! Strength Development**

10:00 - BODYPUMP

10:45 - BODYCOMBAT

11:30 - BODYBALANCE

Register for classes through your member portal!

Participation in the class is free; however, donations in any amount are welcome to support the American Heart Association. Donate and wear RED to show your support!

