

# LES MILLS

# LAUNCH

## SATURDAY, MAY 3

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Join us for an exciting Les Mills Launch, Saturday, May 3 – and get ready to experience all-new releases of your favorite workouts:

**8:30 – BODYATTACK 30**

**9:00 – BODYCOMBAT 30**

**9:45 – BODYPUMP 30**

**10:30 – BODYBALANCE 45**

Classes are in **Studio 1** with a lounge in **Studio 2** for stretching and refreshments.

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May is National Mental Health Awareness Month – a perfect time to prioritize your well-being by staying active and embracing a healthy lifestyle. Celebrate the energy of Spring and the Les Mills Launch by wearing cheerful pastel colors!

