

# "NEW YEAR NEW FIT YOU!" **LES MILLS** LAUNCH PARTY

**SATURDAY  
JANUARY 13, 2018**

**PLEASE NOTE:**

- Step Works and Yogabasics  
WILL NOT BE held on this day.

*Celebrate the New Year in a fun and fit way!  
Experience the latest versions of your favorite Les Mills  
group exercise formats.*

*Also featuring great prizes, free MYZONE  
and InBody Body Composition demos, and healthy  
post-workout snacks.*

## **AGILITY ROOM**

TIME	CLASS	INSTRUCTORS
7:30-8:30 AM	BODYATTACK	Ashleigh Marrella/Steph Nocera/ Jen Fanaro

## **STUDIO 1**

TIME	CLASS	INSTRUCTORS
8:00-9:00 AM	BODYPUMP	LuAnn Wolfe/Chrystine Mitchell/ Michele Sanders
9:05-10:05 AM	BODYSTEP	Sarah Vecchio/Steph Nocera/ Tammy Partsch
10:10-11:10 AM	BODYCOMBAT	Dan Plummer/Joan Mathews/ Linette Davis

## **MB STUDIO**

TIME	CLASS	INSTRUCTORS
9:05-10:05 AM	BODYFLOW	Val Deibler/Taylor Warriner/Kathy Guzanowski
10:10-10:40 AM	CXWORX	Jen Fanaro/Chrystine Mitchell

## **CYCLING STUDIO**

TIME	CLASS	INSTRUCTORS
(SPRINT is not a new release. Join us to experience this new Les Mills class)		
8:00-8:30 AM	SPRINT	Bernadette Shaeffer/Emily Gordon/Mary McHale
8:30-9:00 AM	SPRINT	Bernadette Shaeffer/Emily Gordon/Mary McHale

**Try our new  
MYZONE  
Heart Rate Monitor  
for FREE this morning!  
End up loving it?  
Buy it for just \$99  
(includes a FREE InBody  
Body Composition test  
valued at \$39).  
This package is normally valued  
at \$168. Offer valid on  
1/13/18 only.**

**LES MILLS  
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**LES MILLS  
CXWORX**  
**LES MILLS  
sprint**

### **Sign up**

Classes are popular, so let us know you're coming!  
Sign up sheets will be located outside of Studio 1.

**[bodyzonesports.com/groupfitness](http://bodyzonesports.com/groupfitness)**

**BODY  
ZONE™**  
Sports and Wellness Complex