

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

SATURDAY
JANUARY 19, 2019

The latest versions of your favorite Les Mills formats take to the stage for a great morning of exercise, prizes and fun! Includes healthy post-workout refreshments too.

PLEASE NOTE:

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

STUDIO 1

TIME	CLASS	INSTRUCTORS
8:00-9:00 AM	BODYPUMP	Michele Sanders / Jen Breton / LuAnn Wolfe
9:05-10:05 AM	BODYSTEP	Tammy Partsch / Sarah Vecchio Jen Breton
10:10-11:10 AM	BODYCOMBAT	Dan Plummer / Ginnie Haggerty / Linette Davis

MB STUDIO

TIME	CLASS	INSTRUCTORS
9:05-10:05 AM	BODYFLOW	LuAnn Wolfe / Val Deibler / Ginnie Haggerty
10:10-10:40 AM	CXWORX	Cheryl Brownback / Jen Fanaro

CYCLING STUDIO

TIME	CLASS	INSTRUCTORS
8:30-9:00 AM	SPRINT	Ashleigh Marrella / Bernadette Shaeffer

AGILITY ROOM

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

Sign Up!

Reserve your spot for these classes on this popular day.
Sign up sheets located outside of Studio 1.

For more information:
Sarah Vecchio, Director of Fitness
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bodyzonesports.com/groupfitness

Demo a
MYZONE heart rate belt
for free during this event.
Get real-time feedback
on your effort, heart rate
and calories burned via
monitors in Studio 1
and Agility Room.

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sprint

BODYTM
ZONE
Sports and Wellness Complex