

Les Mills Spring Launch Party

Saturday, April 4, 2020

**Experience the new music and moves
of your favorite Les Mills classes!**

Special details:

- Zumba and Step Works will NOT BE HELD this day!
- These classes are popular -- let us know you are coming. Sign up sheets located outside Studio 1
- Free raffles and post-workout refreshments
- Free MYZONE (group heart rate/fitness tracker) belt demos on this day! Reserve your MYZONE belt now and get real-time feedback on your effort and heart rate during your classes -- sign up list outside of Studio 1.

AGILITY ROOM

TIME	CLASS	INSTRUCTORS
7:30-8:30 am	BODYATTACK	Jen Fanaro

STUDIO 1

TIME	CLASS	INSTRUCTORS
8:00-9:00 am	BODYPUMP	LuAnn Wolfe/Michele Sanders/Jen Breton
9:05-10:05 am	BODYSTEP	Patty Sheehan/Tammy Partsch/Julianne Smith
10:10-11:10 am	BODYCOMBAT	Dan Plummer/Kristin Cammarrano/Linette Davis

CYCLING STUDIO

TIME	CLASS	INSTRUCTORS
8:30-9:00 am	SPRINT	Mary McHale/Emily Gordon

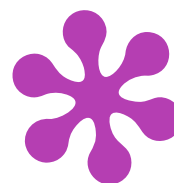
MIND AND BODY STUDIO

TIME	CLASS	INSTRUCTORS
8:30-9:00 am	CXWORX	Cheryl Brownback/Linette Davis
9:05-10:05 am	BODYFLOW	Taylor Wade/Toni Greene/ LuAnn Wolfe/Nina Symons



bodyzonesports.com/groupfitness

LES MILLS
BODYSTEP
LES MILLS
BODYPUMP
LES MILLS
BODYCOMBAT
LES MILLS
BODYATTACK
LES MILLS
CXWORX
LES MILLS
BODYFLOW
LES MILLS
sprint



BODY
ZONE
Sports and Wellness Complex