

Les Mills Launch Week CHALLENGE

**CHALLENGE
YOURSELF
& CHANGE!**

During the week of January 24, all new versions of your favorite Les Mills formats: BODYPUMP, BODYSTEP, BODYCOMBAT, BODYATTACK, Les Mills CORE, BODYFLOW, and SPRINT will be released featuring new moves and music.

Classes will take place at their regularly scheduled times as indicated on our main group fitness schedule, Self-Service or our app.

Here's your challenge!

From January 24-30, you must attend the seven Les Mills classes mentioned above. All classes require advance reservation via Self-Service or the app.

How it works:

1. Get your Les Mill Launch Week Challenge card from Guest Services on our main level.
2. Upon completion of a class, indicate the date of the class and get the instructor's signature on the challenge card.
3. Submit your completed card to Guest Services by January 31 to be entered into a raffle drawing featuring a \$50 DICKS Sporting Goods gift card, BZ 20th anniversary t-shirts, personal training sessions and InBody body composition screenings. We'll be giving away prizes to three lucky winners.

LES MILLS
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sprint

bodyzonesports.com/groupfitness

