

Super 7 Saturday Les Mills Launch Party

Saturday, October 28, 2023

We're having a party! Join us as we roll out the latest music and moves for Body Zone's 7 Les Mills formats. These formats traditionally change every few months to add variety and challenge to your workout routine. Party highlights include a free raffle and healthy post-workout refreshments.

**Classes are all 45-minute express or the regular 30-minute format.
Try to attend more than one format!**

BLUE STUDIO

<u>CLASS</u>	<u>TIME</u>	<u>INSTRUCTOR(S)</u>
BODYATTACK	7:15-8:00 a.m.	Jen Fanaro
SPRINT	8:15-8:45 a.m.	Sarah Vecchio & Ashleigh Marrella

STUDIO 1

<u>CLASS</u>	<u>TIME</u>	<u>INSTRUCTOR(S)</u>
BODYPUMP	8:00-8:45 a.m.	Michele Sanders & LuAnn Wolfe
BODYSTEP	9:00-9:45 a.m.	Patty Sheehan & Tammy Partsch
BODYCOMBAT	10:00-10:45 a.m.	Tammy Partsch & Chrystine Mitchell

MIND BODY STUDIO

<u>CLASS</u>	<u>TIME</u>	<u>INSTRUCTOR(S)</u>
LES MILLS CORE	8:15-8:45 a.m.	Jen Fanaro/Linette Davis
BODYBALANCE	9:00-9:45 a.m.	LuAnn Wolfe, Val Deibler & Kristin Cammarano

**Please note: Advance class reservation required via
your member app or portal.**

