

# 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.

Bring a friend for free! But show up at least 15 minutes early to complete a Body Zone Guest Form at Guest Services.

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

### Blue Studio

#### TIME

7:15-8:00 AM

8:15-8:45 AM

#### CLASS

BODYATTACK

SPRINT

#### INSTRUCTORS

Jen Fanaro

Sarah Vecchio & Ashleigh Marrella

### Studio 1

#### TIME

8:00-8:45 AM

9:00-9:45 AM

10:00-10:45 AM

#### CLASS

BODYPUMP

BODYSTEP

BODYCOMBAT

#### INSTRUCTORS

Michele Sanders & LuAnn Wolfe

Patty Sheehan & Tammy Partsch

Tammy Partsch & Chrystine Mitchell

### Mind Body Studio

#### TIME

8:15-8:45 AM

9:00-9:45 AM

#### CLASS

CORE

BODYBALANCE

#### INSTRUCTORS

Jen Fanaro & Linette Davis

LuAnn Wolfe, Val Deibler &

Kristin Cammarano

**LES MILLS**  
**BODYPUMP**

**LES MILLS**  
**BODYSTEP**

**LES MILLS**  
**BODYCOMBAT**

**LES MILLS**  
**BODYBALANCE**

**LES MILLS**  
**CORE**

**LES MILLS**  
**BODYATTACK**

**LES MILLS**  
**sprint**

#### Please Note!

- Advance class reservation required via your member app or portal.
- New to booking classes? Scan this code to set up your member portal:



[bodyzonesports.com/groupfitness](https://bodyzonesports.com/groupfitness)

**BODY**  
**ZONE**  
Sports and Wellness Complex