

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

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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

BODYTM
ZONE
Sports and Wellness Complex