

LES MILLS LAUNCH



GLOW PARTY

We are going to LIGHT UP winter with a fitness party you won't soon forget!

JOIN US AT BOTH LOCATIONS FOR LAUNCH CLASSES!

Saturday, January 13th

DOWNTOWN

10:00 am BODYPUMP™

10:30 am RPM™

11:00 am BODYSTEP™

11:30 am BODYVIVE™

Friday, January 19th

CORNERS

5:00 pm– RPM™

5:30 pm BODYATTACK™

6:00 pm BODYPUMP™

6:30 pm BODYFLOW™

Current members are welcome to use both facilities. Bring a friend for **FREE!** Guests may come for **FREE**, when accompanied by a member.

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