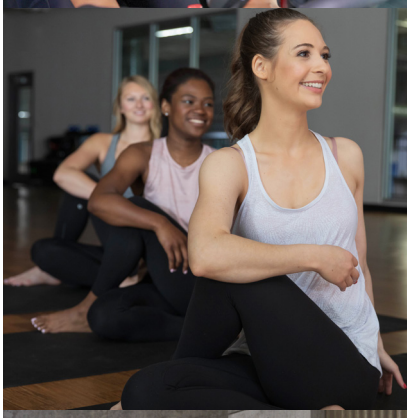
GROUP FITNESS LAUNCH

Sweat all summer long with all your favorite Les Mills and Group Fitness Classes!

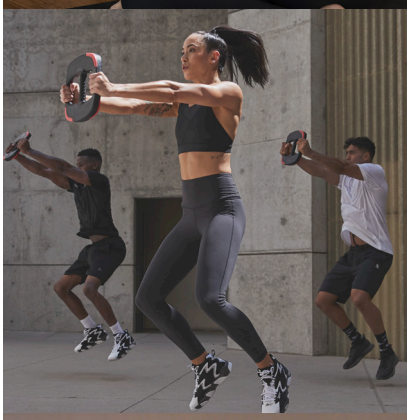
SATURDAY, JANUARY 7TH

- 8am BodyStep
- 9am BodyCombat
- 10am CXWorx
- 10:30am BodyPump



SUNDAY, JANUARY 8TH

- 8am BodyFlow
- 9am BodyCombat
- 10am CXWorx
- 11am BodyVive



SUNDAY, JUNE 25TH

- 8AM Cycle
- 10AM Zumba

For more information please contact Group Exercise Director, Juli Presley at jpresley@sportandhealth.com.

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