

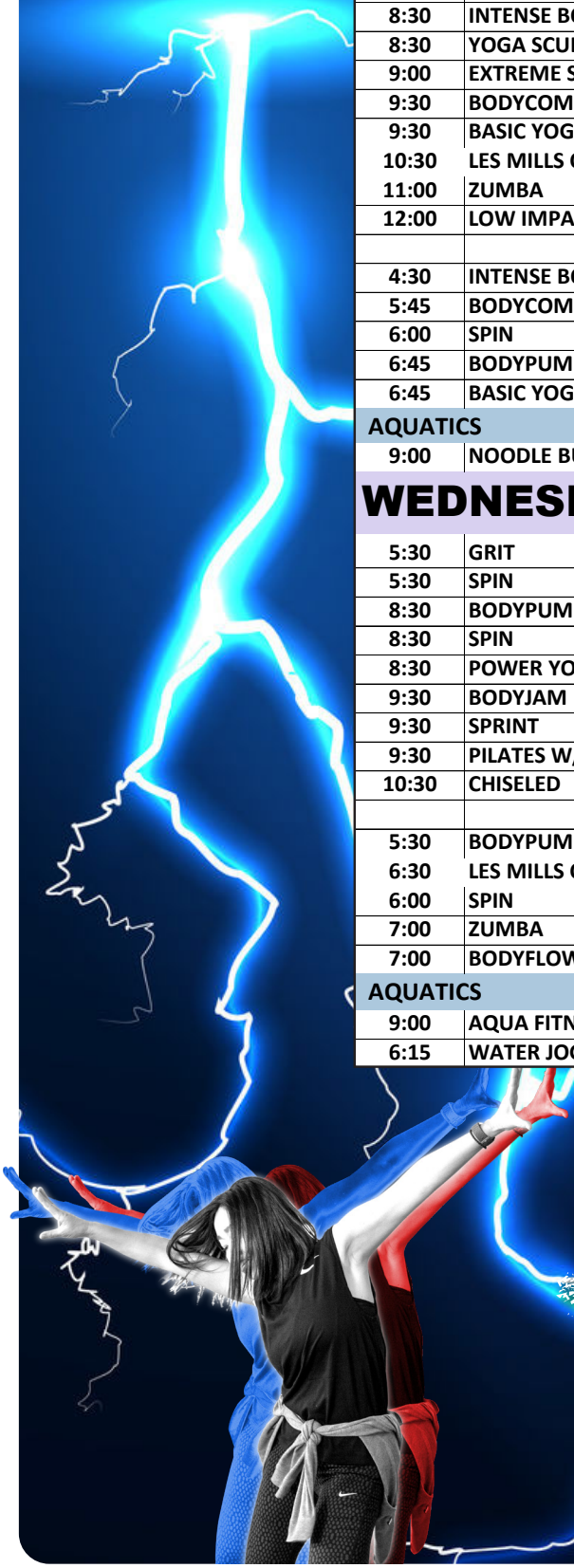
LES MILLS
ANNUAL
SUPER
LAUNCH
APRIL 17-30

LOOK FOR
LAUNCH TIMES
ON THIS
SCHEDULE.

PICK UP A PUNCH
CARD AND
ATTEND 5
LAUNCH CLASSES
TO BE ENTERED
TO WIN GREAT
PRIZES!

MONDAY			5-Apr	12-Apr	19-Apr	26-Apr
5:15	SPIN/ABS		Christi	Christi	Christi	Christi
5:30	CHISELED		Angie	Angie	Angie	Angie
8:30	BODYATTACK		Morgan	Michelle C	Michelle C	LAUNCH
8:30	SPIN		Angie	Angie	Angie	Angie
8:30	ADV. YOGA (MB)		Rita	Susan	Susan	Susan
9:30	BODYPUMP		Morgan	Alissa	Jeannie	Sarah V
9:30	PILATES (MB)		Rita	Lee	Lee	Lee
9:30	SPRINT		Angie	Laura	Sarah N	Anna
10:30	ZUMBA		Amber	Yesika	Naomi	Amber
10:30	YOGA (MB)		Allison	Mary	Allison	Mary
5:30	GRIT		Jeremy	Toni	LAUNCH	Justin
6:00	SPIN		Jane	Jeff	Jeff	Jeff
6:00	PILATES (MB)		Allison	Lee	Allison	Lee
6:45	ZUMBA		Brandon G	Pearl	Brandon G	Angela
7:00	YOGA (MB)		Mary	Teri	Mary	Teri
AQUATICS						
9:00	AQUA FITNESS		MaryAnn	MaryAnn	MaryAnn	MaryAnn
10:00	POOLATES		MaryAnn	MaryAnn	MaryAnn	MaryAnn
6:15	AQUA FITNESS		Sandy	Sandy	Lynn	Lynn
TUESDAY			6-Apr	13-Apr	20-Apr	27-Apr
5:15	PUMP AND RUN		Christi	Christi	Christi	Christi
5:30	SPRINT		Brandon R	Brandon R	Jeannie	Brandon R
6:00	AB BLAST		Brandon R	Brandon R	Jeannie	Brandon R
8:30	INTENSE BODY		Lorri	Lorri	Lorri	Lorri
8:30	YOGA SCULPT (MB)		Anne Marie	Anne Marie	Anne Marie	Anne Marie
9:00	EXTREME SPIN		Alissa	Alissa	Alissa	Alissa
9:30	BODYCOMBAT		Dina	Amy F	Fitzgerald	Pam
9:30	BASIC YOGA (MB)		Anne Marie	Katie E	Katie E	Katie E
10:30	LES MILLS CORE		Dina	Amy F	LAUNCH	Pam
11:00	ZUMBA		Yesika	Amber	Naomi	Jen H
12:00	LOW IMPACT SCULPT		Suzanne	Brandi	Suzanne	Brandi
4:30	INTENSE BODY		Pam	Laura	Laura	Laura
5:45	BODYCOMBAT		Kathleen	Kathleen	Pam	Jessica
6:00	SPIN		Angie	Jeannie	Laura	Jeannie
6:45	BODYPUMP		Lee	Lee	Lee	Rambo
6:45	BASIC YOGA (MB)		Mary	Mary	Mary	Mary
AQUATICS						
9:00	NOODLE BUFF		Lil	Lil	Lil	Lil
WEDNESDAY			7-Apr	14-Apr	21-Apr	28-Apr
5:30	GRIT		Brandon R	Brandon R	Brandon R	Brandon R
5:30	SPIN		Angie	Laura	Jane	Laura
8:30	BODYPUMP		Lee	Suzanne	Alissa	Pam
8:30	SPIN		Els	Michelle C	Michelle C	Michelle C
8:30	POWER YOGA		Jay	Anne Marie	Anne Marie	Jay
9:30	BODYJAM		Jesse	Lindsay	Lindsay	Jesse
9:30	SPRINT		Els/SPIN	Sarah N	Alissa	Sarah N
9:30	PILATES W/PROPS (MB)		Michelle E	Lee	Lee	Michelle E
10:30	CHISELED		Michelle E	Sarah N	Jeannie	Sarah N
5:30	BODYPUMP		Lee	Morgan	Lee	Morgan
6:30	LES MILLS CORE		Amy F	Morgan	Stephanie	Morgan
6:00	SPIN		Jane	Maria	Jane	Maria
7:00	ZUMBA		Shelley	Shelley	Angela	Pearl
7:00	BODYFLOW (MB)		Stephanie	Brandi	Stephanie	Rambo
AQUATICS						
9:00	AQUA FITNESS		Christi	Lynn	Christi	Lynn
6:15	WATER JOGGING		Lynn	Sandy	Sandy	Sandy

LES MILLS
UNLEASHED
ANNUAL SUPER LAUNCH
Don't miss this EPIC LAUNCH
at all three Sportsclub locations!



THURSDAY		1-Apr	8-Apr	15-Apr	22-Apr	29-Apr
5:15	CIRCUIT 2K	Angie	Angie	Angie	Angie	Angie
8:30	BODYCOMBAT	Jessica	Dina	Pam	Amy F	Fitzgerald
8:30	YOGA SCULPT (MB)	Susan	Rita	Anne Marie	Anne Marie	Susan
8:30	INTRO TO SPIN	Christi	Christi	Christi	Christi	Christi
8:45	SPIN	Christi	Christi	Christi	Christi	Christi
9:30	GRIT	Toni	Toni	Pam	Amy G	Mary
9:30	YOGA (MB)	Katie E	Rita	Katie E	Anne Marie	Katie E
10:30	LOW IMPACT SCULPT	Toni	Suzanne	Suzanne	Toni	Suzanne
11:30	ZUMBA	Naomi	Yesika	Jen	Amber	Amber
4:30	BODYCOMBAT	Pam	Dina	Lindsay	Pam	Amy F
5:45	GRIT	Pam	Jeremy	Jeremy	Justin	Justin
5:45	INTRO TO SPIN	Jeff	Jeff	Jeff	Jeff	Jeff
6:00	SPIN	Jeff	Jeff	Jeff	Jeff	Jeff
6:45	BODYPUMP	Morgan	Katie M	Lee	Morgan	Lee
6:45	PILATES (MB)	Jesse	Jesse	Jesse	Jesse	Jesse
7:45	BODYJAM	Jesse	Jesse	Jesse	Jesse	Jesse
AQUATICS						
9:00	AQUA FITNESS	Allison	Lil	Sandy	Sandy	Sandy
FRIDAY		2-Apr	9-Apr	16-Apr	23-Apr	30-Apr
8:30	BODYPUMP	Els	Els	Anna	Amy G	Jeannie
8:30	YIN YANG YOGA (MB)	Susan	Jay	Jay	Susan	Jay
8:45	SPRINT	Amy G	Anna	Laura	Laura	LAUNCH
9:30	BODYSTEP	Kris	Amy F	Kris	Amy F	LAUNCH
9:30	RPM SPIN	Amy G	Els	Anna	LAUNCH	Jeannie
9:30	PILATES (MB)	Jesse	Jesse	Jesse	Jesse	Jesse
10:30	BODYJAM	Jesse	Jesse	Jesse	Jesse	Jesse
10:30	RESTORATIVE YOGA (MB)	Wenda	Kathy	Craig	Katie E	Wenda
5:45	BODYPUMP	Rambo	Rambo	Rambo	Rambo	Rambo
AQUATICS						
9:00	AQUA FITNESS	MaryAnn	MaryAnn	MaryAnn	MaryAnn	MaryAnn
10:00	POOLATES	MaryAnn	MaryAnn	MaryAnn	MaryAnn	MaryAnn
SATURDAY		3-Apr	10-Apr	17-Apr	24-Apr	
8:30	BODYCOMBAT	Jessica	Pam	LAUNCH	Pam	
8:30	SPIN	David	Beth	David	Beth	
8:30	POWER YOGA (MB)	Wenda	Mary	Anne Marie	Katie E	
9:30	EXTREME SPIN	Beth	Laura	Alissa	Beth	
9:30	BODYPUMP	Sarah V	Pam	Els	LAUNCH	
9:30	PILATES	Wenda	Jesse	Lee	Jesse	
10:30	BODYJAM	Jesse	Jesse	Lindsay	LAUNCH	
10:30	YOGA SCULPT (MB)	Sabrina	Sabrina	Sabrina	Sabrina	
AQUATICS						
9:00	AQUA FITNESS	Sandy	Lynn	Allison	Lil	
SUNDAY		4-Apr	11-Apr	18-Apr	25-Apr	
9:00	SPIN	HAPPY EASTER NO GROUP FITNESS CLASSES TODAY	David	Beth	Jeff	
2:00	BODYPUMP		Suzanne	Anna	Morgan	
2:15	SPIN		Jeff	David	Beth	
3:15	BODYFLOW (MB)		Stephanie	LAUNCH	Brandi	

FITNESS
REVIEW
week

Sign up at the front desk
April 18-24!

- ✓ GET EXPERT
ADVICE
- ✓ CHECK YOUR
PROGRESS
- ✓ FINE TUNE
YOUR WORKOUT

