



think spring!

fitness week

group exercise

CLASS SAMPLER SAT APR 6

Join us Saturday, April 6 for our Group Exercise Class Sampler! Several 30 minute "try it" style classes to get a feel for the variety of classes we offer! Try one, try four! Bring a friend for free and get ready to get fit while having fun!

- 7:30 - 8:00am | **Step** | Studio A/B
- 8:15 - 8:45am | **Rock Bottom Hard Core** | Studio A/B
- 8:15 - 8:45am | **Spin, The Fundamentals** | Studio C
- 9:00 - 9:30am | **Intro to Yin Yang Yoga** | Studio A/B
- 9:35 - 10:05am | **Zumba** | Studio A/B
- 10:15 - 10:45am | **Strength Training** | Studio B
- 10:15 - 10:45am | **Intro to Tai Chi** | Studio A

All regularly scheduled LAND classes are canceled

les mills

RELAUNCH WEEK APR 7 - 13

Experience the new releases for the spring quarter with all your favorite instructors all week long! Bring a friend for free to your favorite Les Mills class to share in the excitement! Currently offered on our schedule: **RPM, BodyPump, Sprint, BodyAttack, CXWorx, BodyFlow, BodyCombat**, and **GRIT**.

