

# MOSSA & LES MILLS CLASS LAUNCHES



April 2024

**LES MILLS**  
**BODYPUMP**

Guests can attend these classes for FREE, so grab a friend and join us as we launch the new releases from Les Mills and Mossa!

## Whitaker

Tues April 2nd Power 530am  
Wed April 17th Active 930am  
Wed April 24th Centergy 430pm  
Sun April 28th Blast 9am

## Briggs

Sat April 6th Power 9am  
Tues April 9th BodyPump 1230pm  
Thurs April 11th Core 5pm  
Thurs April 18th Active 530pm  
Sat April 27th Blast 8am



[NCHMD.ORG/WELLNESS](https://NCHMD.ORG/WELLNESS)

