



NEW YEAR, NEW YOU WITH LES MILLS!

Start your year off right with all new Les Mills classes.

LES MILLS LAUNCH WEEK SATURDAY, JAN 12 - FRIDAY, JAN 18

WIN a “New Year,
New You” Fitness Basket!

Try 3 out of 5 Les Mills programs during launch week to be entered to win a “New Year, New You” Fitness Basket (Valued at \$175).

- Free personal training session with Carmen E. to fine tune your group fitness classes
- Free Pilates Reformer session
- Free smoothie from Café J
- Body fat analysis
- Healthy eating coaching session

Carmen Erian, Group Fitness Director, 860-231-6348

SATURDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SUNDAY
BODYCOMBAT 8:30-9:25am	BODYCOMBAT 9:20-10:20am	BODYFLOW 5:45-6:45am	CX WORX 7:30-8:00am	BODYPUMP 5:45-6:45am	CX WORX 8:30-9:00am	BODYSTEP EXPRESS/ CX WORX 8:00-9:00am
BODYPUMP 9:35-10:35am	BODYSTEP 4:15-5:15pm	BODYPUMP 5:45-6:45am	CX WORX 8:30-9:00am	BODYPUMP 9:20-10:20am		BODYPUMP 9:15-10:15am
BODYFLOW 10:45-11:45am	CX WORX 5:30-6:00pm	BODYPUMP 9:20-10:20am	BODYCOMBAT 9:20-10:20am	BODYPUMP 6:30-7:30pm		CX WORX 11:35am-12:05pm
		BODYPUMP 6:30-7:30pm	BODYSTEP 4:15-5:15pm			
			CX WORX 5:30-6:00pm			

