



JOIN US FOR OUR **LES MILLS** **BODYPUMP** LAUNCH EVENT

Les Mills BODYPUMP®, the original LES MILLS barbell class, will sculpt, tone and strengthen your entire body, fast! It is one of the world's fastest ways to get in shape as it challenges all of your major muscle groups while you squat, press, lift and curl.

Saturday, July 20th

Bodypump #129

**Come join us for the latest
Bodypump release #129.**

Time: 10:15am with Victor & Lorelee

Location: Main Studio

Registration is not required.