



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# LES MILLS FALL RELEASE

**LETS GET SPOOOKY WITH LES MILLS AT THE Y!**

Join us for the new Fall Les Mills Release Launch events- every class is a Halloween Party this year! Wear your alien antennae and your super hero cape, try the new class, and maybe win a prize in a drawing! Les Mills Group Exercise at the Y is ALWAYS a treat!

**LAUNCH WEEK**

## **PLUM STREET YMCA**

**Monday, October 28 at 5:30 pm | BODYPUMP**

**Wednesday, October 30 at 12:05 pm | RPM/CYCLE**

**Friday, November 1 at 9:00 am | BODYBALANCE**

**Tuesday, November 5 at 5:30 pm | BODYSTEP**

## **BRIGGS COMMUNITY YMCA**

**Wednesday, October 30 at 6:45 pm | BODYBALANCE**

**Saturday, October 26 at 8:45 am | BODYPUMP**



**LES MILLS**