



LES MILLS LAUNCH WEEK

Briggs Community YMCA & Plum Street YMCA January 13 – 25

Challenge yourself to give a NEW class a try this month! Get stronger together and join our Les Mills community at the South Sound YMCA with NEW workout routines during Les Mills Launch Week!

Try one, or try them all! We hope to see you there!

JOIN US!

Monday, January 13 at 5:30pm | BodyPump – Plum St.

Tuesday, January 14 at 5:30pm | BodyStep – Plum St.

Wednesday, January 15 at 6:45pm | BodyBalance – Briggs

Saturday, January 18 at 9:00am | BodyBalance – Plum St.

Saturday, January 25 at 8:45am | BodyPump – Briggs

**Participate
in a drawing
and win a
prize!**