

FALL LES MILLS LAUNCH



# DEFY GRAVITY

## ONE CLASS AT A TIME

Join us for a Wicked-themed Les Mills Launch. Are you TEAM GREEN or TEAM PINK?! Come dressed to sweat and show whose side you're on!

SATURDAY  
**OCT. 11<sup>th</sup>**

IRONWORKS GYMNASIUM

7:00am-8:00am	BodyPump*
8:15am-8:45am	Les Mills Core
9:00am-10:00am	BodyCombat

SUNDAY  
**OCT. 12<sup>th</sup>**  
EXERCISE STUDIOS

8:15am-8:45am	GRIT*	KFMP
8:15am-9:00am	RPM*	Cycling Studio
9:15am-9:45am	Sprint*	Cycling Studio

\*reservation required

 STATELINE FAMILY YMCA  
Ironworks Branch

[statelineymca.org/launch](http://statelineymca.org/launch)