



# TOGETHER WE RISE. TOGETHER WE THRIVE.

## SPRING LESMILLS LAUNCH

Rise and Thrive with new Les Mills tracks this Spring! This unique event is full of excitement, smiles, and hard work - whether you attend one class or multiple!

### Saturday

April 13, 2024 in Roscoe

7:00am BodyPump\*

8:10am LesMills Core\*

8:50am BodyCombat

10:00am Foam Roller Clinic with Joan

### Sunday

April 14, 2024 at Ironworks

8:15am RPM\*

8:15am GRIT\*

9:15am Sprint\*

FREE  
for  
members

\*REGISTRATION IS REQUIRED FOR BODYPUMP, CORE, RPM, GRIT, & SPRINT

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