

SHOW YOUR BODY WHO'S BOSS



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Check out the hot new
release and meet your
BODYPUMP team!

Saturday, April 11th

Two classes: 8:15am & 9:30am

No registration required,
first come first serve

(there will be no 9:30am GRIT class
due to this event)

Launch of BODYPUMP 93

LES MILLS
FOR A FITTER PLANET



BODYPUMP™ LEAN, STRONG,
UNSTOPPABLE

DURATION	EXERCISE TYPE	INTENSITY	BURN RATE	EQUIPMENT	MUSIC	RESULTS
60 MINUTES	WEIGHTS-BASED RESISTANCE TRAINING	MODERATE TO HIGH INTENSITY	UP TO 560 CALORIES	BARRELL, PLATES & HEIGHT- ADJUSTABLE STEP	THE LATEST HARD-HITTING & INSPIRING TUNES	INCREASES STRENGTH & ENDURANCE TONES & SHAPES HELPS MAINTAIN BONE HEALTH

lesmills.com/bodypump