

THE MANKATO FAMILY YMCA PRESENTS

**THE FIRST**

**2016**

**LES MILLS  
LAUNCH PARTY**

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**NEW YEAR | NEW MUSIC | NEW MOVES**

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**Saturday, January 9th**

**BODYPUMP 96 7:15-8:15 a.m. | BODYCOMBAT 66 8:30-9:15 a.m. |  
BODYPUMP 96 9:30-10:30 a.m. | GRIT 15 Mash Up 10:45-11:30 a.m.**

**Sunday, January 10th**

**BODYFLOW 71 11:15 a.m.-12:15 p.m.**



YMCA MEMBERS ONLY

**Mankato Family YMCA**  
1401 S. Riverfront Drive  
Mankato MN 56001  
507.387.8255  
[www.mankatoymca.org](http://www.mankatoymca.org)