



CALLING ALL SUPERHEROES! GROUP FITNESS LAUNCH

January 12-14, All classes are 30 minutes

Please sign up in advance for cycling, Pump, and Step classes.

FRIDAY, JANUARY 12

Noon **PUMP**
12:35 pm **VIVE**
4:30 pm **COMBAT**
5:05 pm **FLOW**

SATURDAY, JANUARY 13

7:15 am **PUMP**
7:50 am **BODYSTEP**
8:30 am **RPM/GRIT**
9:05 am **COMBAT/SPRINT**
9:40 am **PUMP**
10:15 am **FLOW**

SUNDAY, JANUARY 14

7:30 am **PUMP**
8:10 am **CX Worx**
8:45 am **RPM/GRIT**
9:20 am **FLOW**
10:00am **COMBAT**
10:35 am **SPRINT**

Take (10) 30-minute classes and get a superhero shirt!