



COLONIAL FITNESS

LESMILLS SUPER-LAUNCH

Celebrate Earth Day With Us 4/22/23

Get An Awesome Workout & Plant A Tree!

8:00 AM– GRIT (Duane & Jerry) Studio 1

8:35 AM– CORE (Amy L & Brenda) Studio 1

9:10 AM– SPRINT (Destiny & Jenn) Studio 3

9:45 AM– BODYPUMP (Brenda & Bryon) Studio 1

10:20AM– BODYSTEP (Kathy & Marilyne) Studio 1

10:55 AM– BODYCOMBAT (Andrea & Kate N) Studio 1

11:30 AM– BODYBALANCE (Destiny & Joanne) Studio 4

**CHILD-CARE
AVAILABLE
8AM-12N**

**ALL OTHER
CLASSES
CANCELLED
FOR TODAY**



***OPTIONAL
FOR YOUR \$5
DONATION YOU
GET A *TREE TO
PLANT IN
SUPPORT OF
ARBORDAY.ORG**

