

MOSSA CLASS LAUNCHES

FEATURING

**New Music, New Pre-
Choreographed Moves, New
Workouts**

WHEN

JANUARY 2019

WHERE

**Briggs Wellness
& Whitaker Wellness Centers**

WWW.NCHMD.ORG/WELLNESS

For more information: contact Jennifer.Ray@nchmd.org

BRIGGS

Jan 3rd Core 5:00pm

Jan 7th R30 5:30pm

Jan 10th Power 5:30am

Jan 10th Power 12:00pm

Jan 14th Active 10:00am

Jan 17th Active 5:30pm

Jan 21st Fight 6:30pm

Jan 26th Blast 8:00am

Jan 29th Blast 5:30pm

WHITAKER

Jan 4th Core 8:00am

Jan 7th Ride 5:30am

Jan 12th Power 10:00am

Jan 14th Power 5:30pm

Jan 15th Active 4:30pm

Jan 22nd Fight 10:30am

Jan 28th Blast 4:30pm

Jan 30th Blast 9:30am

