

MOSSA CLASS LAUNCHES

FEATURING

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

WHEN

January, April, July & October

WHERE

**Briggs Wellness
& Whitaker Wellness Centers**

WWW.NCHMD.ORG/WELLNESS

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

Briggs Wellness

April Launch dates posted
by April 1, 2019

WHITAKER

April Launch dates posted
by April 1, 2019

