

# MOSSA AND LES MILLS CLASS LAUNCHES

## FEATURING

**New Music, New Moves,  
New Workouts**

## WHEN

**January, April, July & October**

## WHERE

**Briggs and Whitaker Wellness**

**[WWW.NCHMD.ORG/WELLNESS](http://WWW.NCHMD.ORG/WELLNESS)**

**For more information: contact**

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## **Briggs Wellness**

Tues April 5th Body Flow 1:15pm

Thurs April 7th Core 5pm

Tues April 12th Power 12pm

Thurs Apr 14th Body Pump 9:30am

Sat April 16th Power 9am

Wed April 20th Active 12pm

Thurs April 21st Active 5:30pm

Sat April 30th Blast 7:50am

## **Whitaker Wellness**

Tues April 5th Body Flow 11am

Tues April 12th Power 5:30am

Tues April 12th Body Pump 9:45am

Sat April 16th Power 10am

Tues April 19th Active 4:30pm

Wed April 20th Active 9:15am

Mon April 25th Blast 4:30pm



Wellness & Fitness Centers