

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

For more information: contact

Jennifer.Ray@nchmd.org

Briggs Wellness

Tues Oct 4th Body Flow 1:15pm

Thurs Oct 6th Body Flow 12pm

Thurs Oct 6th Core 5pm

Wed Oct 12th Power 5:30pm

Thurs Oct 13th Power 5:30am

Thurs Oct 20th Active 5:30pm

Tues Oct 25th Body Pump 12pm

Sat Oct 29th Blast 8am

Whitaker Wellness

Thurs Oct 6th Body Flow 11am

Mon Oct 10th Power 5:45pm

Tues Oct 11th Power 5:30am

Wed Oct 19th Active 9:15am

Mon Oct 24th Blast 4:30pm

Sun Oct 30th Blast 9am

Thurs Oct 27th Body Pump 9:45am

Fri Oct 28th Body Pump 8:35am



Wellness & Fitness Centers