

# MOSSA AND LES MILLS CLASS LAUNCHES

## Briggs Wellness

Thurs Oct 5th Core 5:00pm

Tues Oct 10th BodyPump

Thurs Oct 12th Power 935am

Thurs Oct 19th Active 530pm

Sat Oct 28th Blast 8:00am

## Whitaker Wellness

Mon Oct 9th Power 545pm

Wed Oct 11th Attack 430pm

Wed Oct 18th Active 930am

Sun Oct 29 Blast 9:00am

## 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**

**[Melissa.wilson@nchmd.org](mailto:Melissa.wilson@nchmd.org)**

Guests can attend these classes for FREE, so grab a friend and join us as we launch the new releases from Les Mills and Mossa!

The logo for NCH (National Children's Hospital) is displayed in a bold, purple, sans-serif font. The letters 'N', 'C', and 'H' are connected at the top, and the 'C' has a white swoosh that extends to the right, underlining the 'H'.