



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LES MILLSTM LAUNCH EVENT

Saturday, January 5th
8:00am

KNOX COUNTY FAMILY YMCA

Including Insanity®, Yoga & Zumba®

Order of Classes:



GRIT®

Zumba®

BODYPUMP®

Yoga

BODYCOMBAT®

Insanity®

CX WORX®



30 minute classes running back to back!
Juice, water and snacks will be provided.
Bring your friends!

