MossA and Les Mills Class Launches

Featuring
New Music, New Moves, New Workouts

When
January, April, July & October

Where
Briggs Wellness

WWW.NCHMD.ORG/WELLNESS
For more information: contact
Jennifer.Ray@nchmd.org

Briggs Wellness
July 2nd Core 5pm
July 7th Body Pump 5:30am
July 7th Power 12pm
July 9th Body Pump 9:45am
July 11th Power 9am
July 12th Body Flow 9am
July 19th Blast 9am
July 20th Blast 4:30pm
July 29th Active 9:30am
July 30th Active 5:30pm