

**LES MILLS**

# YOU'RE INVITED

**TO AN EXCLUSIVE GROUP FITNESS CLASS\***

SUPPORTING THE BOTANY DOWNS SECONDARY COLLEGE  
FIRST XI CRICKET BRISBANE TOUR 2020



**SUNDAY 17 NOVEMBER 2PM-3PM**  
**AT LES MILLS HOWICK**  
CHOOSE FROM THE FOLLOWING CLASSES

<b>RPM®</b>	A cardio peak cycle workout that burns calories and improves cardio fitness. Find your rhythm in the music, set your own resistance level and hit an endorphin high.
<b>BODYPUMP®</b>	A barbell workout using light to moderate weights and high reps to get you lean and toned. You'll work all your major muscles as you build strength and burn calories, getting fitter, faster.
<b>BODYBALANCE®</b>	The Yoga, Tai Chi and Pilates workout that helps you build your flexibility and core strength while reducing stress and focusing your mind to create a lasting sense of wellbeing.
<b>CXWORX®</b>	An intense core workout for functional fitness. It's scientifically designed to build strength, stability and endurance in the muscles that support your core, including the abs, glutes and back.

\*SPACES ARE LIMITED. STANDARD CLUB RULES APPLY.