



body mind spirit

Les Mills Group RE-LAUNCH Classes

Join us for NEW MOVES, NEW MUSIC, giveaways and more!

Sunday, July 29

10:15am BODYATTACK
11:15am BODYFLOW

Monday, July 30

6:15am BODYCOMBAT
9:15am BODYPUMP
12:00pm CX WORX
5:30pm TONE
6:30pm BODYJAM

Tuesday, July 31

11:15am SH'BAM
5:30pm BODYATTACK
6:30pm BODYPUMP

Wednesday, August 1

5:30pm BODYSTEP
6:30pm BODYCOMBAT
7:30pm BODYFLOW

Thursday, August 2

5:45am CX WORX
9:15am BODYJAM
11:15am TONE

Friday, August 3

10:15am BODYSTEP
12:15pm SH'BAM
5:30pm RPM

Class schedule subject to change.
Please check the APP for the latest updates.

You'll smile as much as you sweat!

(407) 303-4400 | CelebrationFitness.com

**body
mind
spirit**
Fitness Centre
& Day Spa