

THE POWER OF US.

SPRING LES MILLS LAUNCH

Group exercise is the perfect example of the collective Power of Us. We are always stronger and better together! Join our talented instructors as we roll out new Les Mills tracks this Spring! This unique event is full of excitement, smiles, and hard work - whether you attend one class or several.



SATURDAY
 04.12.2025

ROSCOE BRANCH

7:00am	BodyPump*	Gym
8:15am	Les Mills Core	Gym
9:00am	BodyCombat	Gym
10:10am	Pilates	Gym

SUNDAY
 04.13.2025

IRONWORKS BRANCH

8:15am	RPM*	Spin Room
8:15am	GRIT*	KFMP
9:15am	Sprint*	Spin Room

***RESERVATION IS REQUIRED FOR BODYPUMP, RPM, GRIT, & SPRINT**
 Make your reservation in the ymca360 app, or stop at the front desk for assistance.