

INVINCIBLE

LES MILLS BODYCOMBAT



Step into a **BODYCOMBAT** workout and you'll punch and kick your way to fitness, burning up to 570 calories along the way. This high-energy martial-arts inspired workout is totally non-contact and there are no complex moves to master. A LES MILLS™ instructor will challenge you to up the intensity and motivate you to make the most of every round.

You'll release stress, have a blast and feel like a champ.



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Here for all.

Financial assistance is offered
based on availability of funds.