



**STRONGER
THAN
EVER!**



Les Mills Launch

Join the celebration with Les Mills world-class workouts that build strength, optimize performance, and take your fitness to the next level.

Saturday, May 21, 2022

› 11:00 a.m.*

Body Pump

with Master Instructor Justine

MEMBERS ONLY due to limited space



*Pre-registration required and opens May 19,
9 a.m. at » ymcanj.org/schedules

› 12:00 p.m.

Grit

with Lori

Bring a friend for FREE!

For more information, contact Val Cottone at vcottone@ymcanj.org

RED BANK FAMILY YMCA
YMCA OF GREATER MONMOUTH COUNTY
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Red Bank, NJ 07701

732.741.2504
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[YMCA NJ.org](https://ymcanj.org)

Here for all.
Financial assistance is offered
based on availability of funds.