



**STRONGER
THAN
EVER!**



Les Mills Launch

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

Saturday, May 21, 2022

› **8:30 a.m.**
Body Combat
with Master Instructor Justine
Bring a friend for FREE!



› **9:30 a.m.***
Body Pump
with Sue and Danielle
MEMBERS ONLY due to limited space
*Pre-registration required and opens May 19,
9 a.m. at ymcanj.org/schedules

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

OLD BRIDGE FAMILY YMCA
YMCA OF GREATER MONMOUTH COUNTY
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Old Bridge, NJ 08857

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

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