

lesmills.com



JOIN US FOR OUR **LES MILLS** **RPM** LAUNCH EVENT

Les Mills RPM® is the indoor cycling workout where you ride to the rhythm of powerful music. Take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, time trials, and interval training. Discover your athlete within - sweat and burn to reach your endorphin high.

August 2nd @ 5:30 am

July 31 & Aug 2 @ 12:35 pm

CHURCH HEALTH YMCA

1350 Concourse Avenue, Suite 241

VIRTUAL CYCLING HAS ARRIVED

We have added Les Mill's RPM virtual cycling classes to our schedule. These classes will start in August.

Check the group exercise schedule for the month of August, and join us for a virtual cycling experience.

INVITE A FRIEND TO JOIN YOU FOR THE RIDE! FIRST TIME GUEST WILL NEED A VALID ID