



# JOIN US FOR OUR **LES MILLS** *sprint* LAUNCH EVENT

LES MILLS SPRINT™ is built on the science of high-intensity interval training (HIIT). It's a quick and hard style of training that returns rapid results with minimal joint impact. The short duration of a LES MILLS SPRINT workout will motivate you to push your physical and mental limits. It features bursts of intensity where you work as hard as possible, followed by periods of rest that prepare you for the next effort. The payoff is you burn calories for hours after a good HIIT workout.

**July 31 @ 5:30 am**

**July 30 & Aug 1 @ 12:35 pm**

**CHURCH HEALTH YMCA**

**1350 Concourse Avenue, Suite 241**

**VIRTUAL CYCLING HAS ARRIVED**

We have added Les Mill's SPRINT 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**