

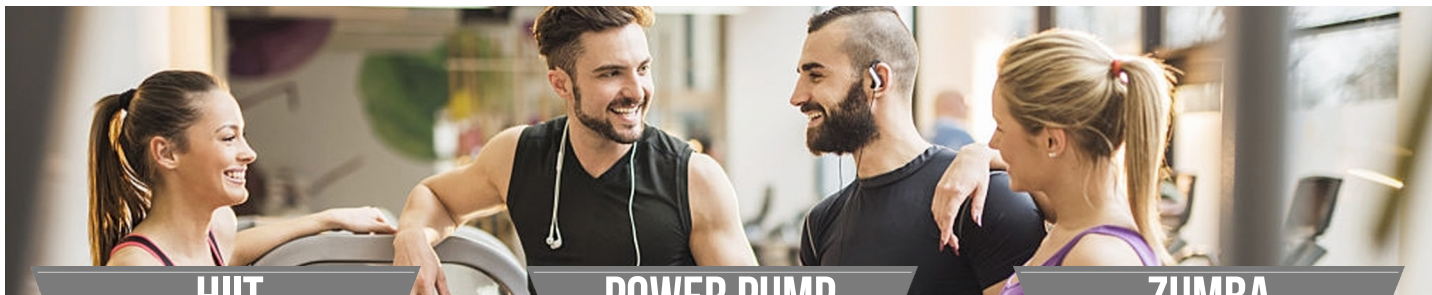


# COMMUNITY

## *Classes*

### FITNESS SAMPLER SERIES

**BODY RENEW INTRODUCES OUR “FITNESS SAMPLER SERIES”  
NEED SOMETHING TO SWITCH UP YOUR CURRENT ROUTINE? INTERESTED IN TRYING A NEW FITNESS CLASS?  
BRING A FRIEND! SEE WHAT OUR BODY RENEW CLASSES AND INSTRUCTORS ARE ALL ABOUT.**



#### HIIT

#### POWER PUMP

#### ZUMBA

**10:00 AM TUES 4/9**  
INSTR. **NIKKI/KELLIE - EAGLE RIVER**

**10:30 AM MON 4/23**  
INSTR. **MOLLY- EAGLE RIVER**

**11:30 AM TUES 4/16**  
INSTR. **KRISTY - EAGLE RIVER**

**9:30 AM THURS 4/26**  
INSTR. **NIKKI/KELLIE - EAGLE RIVER**

**10:30 AM WED 4/18**  
INSTR. **MOLLY- EAGLE RIVER**

**9:30 AM FRI 4/6**  
INSTR. **HEATHER - EAGLE RIVER**

**VISIT [BODYRENEWALASKA.COM](http://BODYRENEWALASKA.COM) FOR MORE INFORMATION AND CLASS SCHEDULES**