



# 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.**



### **BODY BLASTER**

**8:30 AM MON 4/30**  
INSTR. **CAROLINE - EAST**

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**8:30 AM FRI 4/13**  
INSTR. **KRISTY- EAST**

### **YOGA**

**1:00 PM SAT 4/21**  
INSTR. **CHRISTINE- EAST**

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**6:00 PM TUES 4/10**  
INSTR. **CHRISTINE - EAST**

### **ZUMBA STRONG**

**6:30 PM TUES 4/24**  
INSTR. **HEATHER - EAST**

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**6:30 PM THURS 4/12**  
INSTR. **HEATHER - EAST**

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