



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.



KICKBOXING

6:00 AM MON 4/9
INSTR. EMILY - WASILLA

6:00 AM FRI 4/20
INSTR. EMILY - WASILLA

PULSE

10:00 AM TUES 4/10
INSTR. HEIDI - WASILLA

10:00 AM THURS 4/26
INSTR. EMILY - WASILLA

ZUMBA STRONG

6:00 PM WED 4/18
INSTR. DENO - WASILLA

6:00 PM WED 4/25
INSTR. DENO - WASILLA

VISIT BODYRENEWALASKA.COM FOR MORE INFORMATION AND CLASS SCHEDULES