



LES MILLS

BODY PUMP

LAUNCH

& BODY STEP

at the *Energy Zone!*



MWR
PATUXENT RIVER SOLOMONS



Join us for a party to experience the new releases of Body Pump and Body Step! These classes are team taught with several of our top notch instructors!

Launch Dates

April 12, 2014

Body Step - 8 a.m.

Body Pump - 9 a.m.

This is a FREE event!



All base personnel are eligible.
For more information contact 301-995-3869