

 @rfc_morris

FALL LES MILLS LAUNCH

**SATURDAY,
NOVEMBER 2ND
BODY PUMP 130
8:30-9:30AM
IN THE RFC GYM**

**FREE CLASS-
Bring a friend!**



Come join us for the NEW Body Pump!
Start your Saturday with an awesome
full-body strength workout coreographed
to high-energy music!

