



**NEW!**

# 30 DAY TRIAL

## LES MILLS™ ON DEMAND

**LIMITED TIME OFFER!  
30 DAYS OF FREE  
ONLINE WORKOUTS.**

For a limited time, we are offering 30 days of free online workouts with LES MILLS™ On Demand. No strings attached, cancel anytime.

With LES MILLS™ On Demand, you never have to miss out on your favorites this summer. Including BORN TO MOVE™ a fitness class for toddlers, kids, and teens!

GRIT™  
BODYFLOW™  
BODYCOMBAT™  
BODYPUMP™  
CXWORX™  
RPM™  
BORN TO MOVE™

Scan here to start your 30 day free trial!



Or Visit: <http://link.lesmillsondemand.com/SH12>  
Promotion ends August 16th, 2018 so don't wait!

YMCA OF GREATER GRAND RAPIDS