

# ***MARCH MADNESS***

## ***GROUP EXERCISE CHALLENGE***



**Attend 12 of the group exercise classes throughout the month of March, you will receive one free *guest pass*.**

**Ab Blaster • Barre Sculpt • Cardio Sculpt • Cycling •  
Cycle Boot Camp • Foam Rolling • Gentle Yoga •  
HIIT Me UP • Pilates Mat • Pilates Sculpt Plus •  
Pilates Sculpt Express • Strength & Grace •  
Strength & Stretch • Water Fitness • Yoga 4 All •  
Yoga Strength & Stretch • Zumba**

**During the week of 3/17/24 to 3/23/24  
members can bring a guest free of charge  
to participate in any  
group exercise class listed above.**



**For more information email  
[patty@lgsrc.com](mailto:patty@lgsrc.com)**