

LES MILLS

Catterick
LEISURE CENTRE

LIVE LAUNCH

SATURDAY 6 APRIL

FREE CLASSES FOR ALL!

Book a class now to guarantee your place

To book a class please complete this section and hand to reception:

Name	<input type="checkbox"/> 9-9.45am RPM	<input type="checkbox"/> 12.30-1pm Challenge/Competition
Tel	<input type="checkbox"/> 10-10.45am BodyStep	<input type="checkbox"/> 1-1.55pm BodyCombat
Email	<input type="checkbox"/> 11-11.55am BodyBalance	<input type="checkbox"/> 2-2.30pm GRIT
	<input type="checkbox"/> 12-12.30pm GRIT	<input type="checkbox"/> 2.30-3.25pm BodyPump



We are excited to have the amazing Anthony Oxford joining us, who is a Global Ambassador for Les Mills.

After filming BODYPUMP 128 last year in October I was made a Global Ambassador for LES MILLS. Such an Honour and so unexpected. There's a short interview giving some insight in to me, why I train, teach and coach.

[Read my interview here](#)

[Follow me on Instagram](#)

#lesmills #adidas #fitterplanet #nevergiveup #adidasxlesmills #fitnessjourney #believeandachieve

This event is sponsored by Fox Fire & Security

