

JUST WHEN YOU THOUGHT IT WAS SAFE TO GO BACK IN THE STUDIO...

LAUNCH TV!

Are you ready for our wildest, craziest Launch yet? Saturday, April 11th, the zany instructors of **BODYPUMP**, **BODYSTEP**, **BODYCOMBAT** & **BODYFLOW** will give new meaning to "Endorphin Overload" as they roll out the latest program releases decked out in costumes from their favorite TV shows of the 70s and 80s!



They haven't revealed their themes yet... But anticipation is 90% of the thrill! We thought it would be fun to take a look back at some of the past launch costumes... And before we forget- be sure to mark your calendars for the upcoming, Saturday, April 18 **BODYJAM** Launch, too!

Fitness Stylz instructors love to put the fun in fitness!

