



LES MILLS GRIT

High-Intensity Interval Training



EVENT:

SUPER BOWL GRIT LAUNCH #50

DAY/DATE:

SUNDAY, FEB 9, 2025

TIME:

1:30-2:30PM

WHO SHOULD COME:

EVERYONE... BRING FRIENDS AND FAMILY!

TO ATTEND:

JUST SHOW UP... FREE AND OPEN TO THE PUBLIC!

LOCATION:

ABERDEEN FAMILY YMCA - GYM 1

**A SPECIAL THANK YOU TO THE
ABERDEEN FAMILY YMCA
LES MILLS GRIT INSTRUCTORS!!**

YMCA GRIT INSTRUCTORS:

Amy Flakus, Shannon Jorgensen, Brooke Johnson, Erin Evenson, and Sarah Schaffer

GRIT #50!!

COME SEE IT FIRST!! STARTS IN ALL CLASSES WEEK OF FEB 10TH

SEE GRIT STRENGTH, CARDIO AND ATHLETIC ALL IN ONE AMAZING WORKOUT!