



LES MILLS
CXWORX™

30 MINUTE REVOLUTIONARY CORE TRAINING



**POWER
UP YOUR
CORE
STRENGTH**

TRY LES MILLS CXWORX™ TODAY

LES MILLS CXWORX™

Les Mills CXWORX™ is a 30-minute personal training style class based on rigorous scientific research that provides core strength by targeting all muscle groups from your core.

This pass entitles you to a free Les Mills CXWORX™ class at this club.*

*Strictly one pass per person.

DETAILS

Name:

Address:

Phone:

Email:

HAND COMPLETED PASS TO RECEPTION

lesmills.com/cxworx