



**Millennium Offering Online Classes
to JB Andrews!**

**OnDemand Classes and LIVE ZOOM Classes with Certified Instructors
including your favorite Instructors from JB Andrews.**

If you are interested in signing up, contact

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at

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**All of these classes are available to JB Andrews while you are teleworking and staying
at home until we are all back to in-person classes!**

You will receive our “Daily Virtual Pulse” newsletter with a Theme of the Day,

a Positive quote of the Day, Workout of the Day, Recipe of the Day,

the schedule of our LIVE ZOOM Classes,

and a link to the Millennium Website that will take you to over 300 OnDemand

Classes.

This is a great way to workout at home with JB Andrews Instructors and many others!