

# LES MILLS LAUNCH WEEK

JANUARY 9-14, 2023

## **LES MILLS** **BODYPUMP**

### **Monday, Jan. 9**

12 p.m. with Kazumi Smith  
7 p.m. with Tamara Berry

### **Wednesday, Jan. 11**

7 p.m. with Courtney Ainsworth

### **Friday, Jan. 13**

5:15 a.m. with Patti Hartsook  
9:30 a.m. with Kazumi Smith

### **Saturday, Jan. 14**

10:05 a.m. with Tamara Berry &  
Denise Winn

## **LES MILLS** **BODYFLOW**

### **Tuesday, Jan. 10**

6:30 p.m. with Gloria Wright

### **Thursday, Jan. 12**

6 p.m. with Courtney Ainsworth

### **Saturday, Jan. 14**

11:05 a.m. with Gloria Wright

## **LES MILLS** **CORE**

### **Monday, Jan. 9**

6:15 a.m. with Courtney Ainsworth

### **Wednesday, Jan. 11**

6:15 a.m. with Courtney Ainsworth

### **Friday, Jan. 13**

6:15 a.m. with Patti Hartsook

TO REGISTER: [cityofmoore.com/fun](https://cityofmoore.com/fun)

For more information call Moore Parks & Recreation at (405) 793-5090

