



# LES MILLS LAUNCH WEEK

**OCT. 11-16**

**COSTUME CONTEST WEEK**

## *NEW MUSIC, MOVES & ROUTINES.*

### **LES MILLS BODY PUMP**

**Monday, Oct. 11**

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

**Wednesday, Oct. 13**

7 p.m. with Courtney Ainsworth

**Friday, Oct. 15**

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

**Saturday, Oct. 16**

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

### **LES MILLS BODYFLOW**

**Tuesday, Oct. 12**

6:30 p.m. with Gloria Wright

**Thursday, Oct. 14**

6 p.m. with Courtney Ainsworth

**Saturday, Oct. 16**

11:05 a.m. with Gloria Wright

### **LES MILLS CORE**

**Monday, Oct. 11**

6:15 a.m. with Courtney Ainsworth

**Wednesday, Oct. 13**

6:15 a.m. with Courtney Ainsworth

**Friday, Oct. 15**

6:15 a.m. with Patti Hartsook

#### **BRING A FRIEND**

Ask the front desk at The Station about a guest pass to bring a friend to Les Mills classes.

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

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

