



LES MILLS LAUNCH WEEK

OCT. 11-16

COSTUME CONTEST WEEK

NEW MUSIC, MOVES & ROUTINES.

LES MILLS BODYPUMP

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

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

