

LES MILLS

TRY OUT
GLOW-GA
DURING LES MILLS
LAUNCH WEEK



LAUNCH WEEK | JAN. 10-15

BRING A FRIEND | Ask about a guest pass to bring a friend to Les Mills classes.

LES MILLS **BODYPUMP**

Monday, Jan. 10
12 p.m. with Kazumi Smith
7 p.m. with Tamara Berry

Wednesday, Jan. 12
7 p.m. with Courtney Ainsworth

Friday, Jan. 14
5:15 a.m. with Patti Hartsook
9:30 a.m. with Kazumi Smith

Saturday, Jan. 15
10:05 a.m. with Tamara Berry &
Denise Winn

LES MILLS **BODYFLOW**

Tuesday, Jan. 11
6:30 p.m. with Gloria Wright

Thursday, Jan. 13
6 p.m. with Courtney Ainsworth

Saturday, Jan. 15
11:05 a.m. with Gloria Wright

LES MILLS **CORE**

Monday, Jan. 10
6:15 a.m. with Courtney Ainsworth

Wednesday, Jan. 12
6:15 a.m. with Courtney Ainsworth

Friday, Jan. 14
6:15 a.m. with Patti Hartsook

TO REGISTER: www.cityofmoore.com/fun

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

