

SWEAT FOR THE STARS & STRIPES

Wear your
Red, White, &
Blue for Stars
& Stripes
Week!

**LES MILLS
LAUNCH WEEK**

July 8-13

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

LES MILLS BODY PUMP

Monday, July 8

12 p.m. with Kazumi Smith
7 p.m. with Tamara Berry & Irma Aragon

Wednesday, July 10

7 p.m. with Courtney Ainsworth

Friday, July 12

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

Saturday, July 13

10:05 a.m. with Tamara Berry &
Irma Aragon

LES MILLS BODY BALANCE

Tuesday, July 9

6:30 p.m. with Gloria Wright

Thursday, July 11

6 p.m. with Courtney Ainsworth

Saturday, July 13

11:05 a.m. with Gloria Wright & Irma Aragon

TO REGISTER: cityofmoore.com/fun

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

