

in with your inspiring

Les Mills Launches July-August

West-

Wednesday June 24th
5:30-6:30 pm BodyVive

Wednesday July 1st
7:00- 8:00 pm RPM

Davenport-

Friday, July 10
BodyPump and BodyStep—times TBA

Bettendorf-

Tuesday, July 14th
5:00-5:30 Body Pump Technique
5:30-6:15 pm Body Pump Express
6:15-7:00 pm Body Attack Express

North-

Wednesday, July 15th
5:30-6:00 Body Pump Technique
6:00-7:00 Body Pump Class

Thursday, July 16th
5:30-6:00 Body Flow Technique
6:00-7:00 Body Flow Class