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| July | **M.O.R.E Services Inc.**  **Women’s Fitness and Wellness Program** |
| 2022 |  |
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| --- | --- | --- | --- | --- | --- | --- |
| **Sunday** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
|  |  |  |  |  | 1 | 2 |
|  |  |  |  |  |  |  |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |
|  |  |  |  |  |  |  |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
|  | **Grand Opening. First Day Back!**  **9am-10am**  Class |  |  | **9am-10am**  **Class** |  |  |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
|  | **9am-10am**  **Class** |  |  | **9am-10am**  **Class** |  |  |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |
|  | **9am-10am**  **Class** |  |  | **9am-10am**  **Class** |  |  |
| 31 |  |  |  |  |  |  |
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| Door Open from 8.45am!  If you are sick or have a temperature, please stay home. | July promotion Membership of only $12!  Membership due by July 14th | Free exercise band set to first 5 ladies to come to class on July 11th.  Join our WhatsApp group | Please keep babies and toddlers in car seat or strollers if they attend class with you. | Bring a Water Bottle and a towel. | Zumba, Zumba Strong, Weight-Training, Kick boxing, Ball Fitness, Stretching, Cardio, Bootcamp and MORE. |

**Classes held at: M.O.R.E Services Inc.**

4001 W. Devon Ave, Suite 507, Chicago, IL, 60646 (5th floor in elevator).

**Free Parking on-site.**

Office Number (773) 657-3079 or (773) 853-0872

or contact Instructor by text at (773)512-6476

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