


DECEMBER 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00am Gentle Yoga Andrea Courtney 12/4	5:30am Total Body Conditioning Tracy No Class 12/26	5:30am Circuit 12/6,12/20 HIGH FITNESS 12/13,12/27	5:30am LES MILLS BODYPUMP™ Tracy Nicole 12/21	6am LES MILLS CXWORX Nicole No Class 12/29	8:30am LES MILLS BODYSTEP® Tracy 12/2 Chris 12/9 Heather 12/16 Chris 12/23 Patrick 12/30	12/3 8:30-9:30am BodyStep/CX Heather K./Nicole 9:30am BodyFlow Heather C.
8:45am LES MILLS BODYSTEP® Tracy	8:15am Low Impact MaryBeth	8am LES MILLS BODYVIVE 3.1 Tami	8:15am Gentle Yoga Courtney	8:00am LES MILLS BODYVIVE 3.1 Andrea	9:30am LES MILLS BODYPUMP™ Tracy 12/2 Nicole 12/9 Tracy 12/16 Courtney 12/23 Patrick 12/30	12/10 8:30am Kick & Sculpt (60min) Jerry 9:30am BodyFlow Heather C.
9:45am Pump and Tone Lauren 12/4 Tracy	9:00am ROCK YOUR FLOW YOGA Courtney (50 min)	8:45am HIGH fitness (45min) + 15min SCULPT Courtney	9:00am CORE and More (45min) Lauren Courtney 12/14	8:45am LES MILLS BODYSTEP® Tracy Chris 12/22	10:30am HIGH fitness (45min) LAUNCH 12/2 Nicole/Susan 12/9 Courtney 12/16 Lauren 12/23 Heather 12/30	12/17 8:30-9:30am BodyStep/CX Patrick 9:30am BodyFlow Patrick
10:30am LES MILLS BODYFLOW™ Courtney Tami 12/11,12/18	12pm POUND ROCKOUT. WORKOUT. Tami	9:45am LES MILLS BODYFLOW™ Tami	12pm PIYO Tami (45 min) No Class 12/21	9:45am Pump and Tone Tracy Jerry 12/22		12/24 8:30am HIGH FITNESS (60min) Courtney/Nicole 9:30am BodyFlow Heather
4:30pm LES MILLS BODYPUMP™ Nicole	5pm LES MILLS CXWORX Nicole	4:45pm LES MILLS BODYPUMP™ Nicole (45min) Tracy 12/27	5pm LES MILLS BODYSTEP® Chris 12/7,12/21 Heather 12/14,12/28	10:30am LES MILLS BODYFLOW™ Tami Courtney 12/15,12/22,12/29		12/31 8:30am BodyStep/CX Patrick 9:30am BodyFlow Patrick
5:30pm LES MILLS BODYSTEP® Chris	5:30pm LES MILLS BODYPUMP™ Patrick Nicole 12/5 Pump&Tone 12/26 Jerry	5:30pm TURBO KICK Chris Lauren 12/13 Kickboxing Jerry 12/27	5:30pm HIGH fitness Team Teaching!	5pm Vinyasa YOGA Courtney Patrick 12/29	The holidays are upon us so there will be a modified business schedule on those days: Christmas Eve: 7am - 12pm Christmas Day: CLOSED New Year's Eve: 7am-12pm New Year's Day: 7am - 5pm We will be posting the holiday class schedules in front of the studio, on MindBody and in Friends and Fitness!	
6:30pm Kick & Sculpt Jerry	6:30pm LES MILLS BODYFLOW™ Heather	6:15pm ZUMBA Lisa	6:30pm LES MILLS BODYFLOW™ Heather			

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5:30am SHORE CIRCUIT Nicole	8:30am SPINNING (30min) Jill	9:00am SHORE CIRCUIT LD 12/13 Tracy 12/6,12/27 NO CLASS 12/20	8:30am SPINNING (30min) Jill	5:30am Spinning Nicole Jill 12/29(45min)	8:30am Spinning Sonny Courtney 12/30	
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9am SPINNING (45 Min) Courtney		11:45am Spinning (30 min) Mimi	Questions about the schedule? Contact Courtney Moore at courtney@olympiafitnessclubs.com			
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		4:30pm FLOW YOGA Courtney				
5:30pm SPINNING (45 Min) Nicole	4:30pm SPINNING (30min) Courtney	5:30pm SPINNING (45 Min) Sonny	5:30pm SHORE CIRCUIT Nicole Tracy 12/28			