

**October 2018  
Studio One Schedule**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:45am <b>LES MILLS BODYSTEP®</b> Tracy	5:30am <b>Total Body Conditioning</b> Tracy	5:30am <b>Sunrise Circuit</b> Nicole	5:30am <b>LES MILLS BODYPUMP™</b> Tracy Patrick 10/25	6am <b>LES MILLS CXWORX</b> Nicole	8:30am <b>LES MILLS BODYSTEP®</b> Chris 10/6 <b>LAUNCH 10/13</b> Patrick 10/20 Heather 10/27	10/7 8:30am <b>Sculpt and Abs</b> Jerry
9:45am <b>Pump and Tone</b> Lauren	8:15am <b>Low Impact</b> MaryBeth	8am <b>Cardio Fit</b> Tami	LES MILLS LAUNCH! SATURDAY 10/13 & SUNDAY 10/14	8:00am <b>Cardio Fit</b> Andrea	9:30am <b>LES MILLS BODYPUMP™</b> Robby 10/6,10/27 <b>LAUNCH 10/13</b> Patrick 10/20	10/14 8:30am <b>LesMills Barre</b> Heather/Linds 9am <b>CXWORX</b> Court/Nicole
4:30pm <b>LES MILLS BODYPUMP™</b> Nicole	5pm <b>LES MILLS CXWORX</b> Nicole Courtney 10/23	8:45am <b>TurboKick (30min)</b> Courtney		8:45am <b>LES MILLS BODYSTEP®</b> Tracy Patrick 10/26		10/21 8:30am <b>Kick and Sculpt</b> Jerry
5:30pm <b>LES MILLS BODYSTEP®</b> Chris	5:30pm <b>LES MILLS BODYPUMP™</b> Patrick	9:15am <b>LES MILLS CXWORX</b> Courtney		9:45am <b>Pump and Tone</b> Marybeth	10/28 8:30am <b>BodyStep</b> 9am <b>CXWORX</b> Patrick	
6:30pm <b>Kick &amp; Sculpt</b> Jerry		4:45pm <b>BodyPump</b> Nicole <b>Pump and Tone</b> Jerry 10/10,10/17	5:00pm	<b>October Happenings!</b> New look for our GX schedule! Tell us what you think :) LesMills launch!!! Halloween themed. Costume contest for members! <b>Eat Sprout COMING SOON!</b> Trunk or Treat 10/29! Competition for best trunk! Halloween costume contest 10/31. Costume contest!		
		5:30pm <b>TURBO KICK</b> Courtney 10/3,10/24 Chris	<b>LES MILLS BODYSTEP®</b> Patrick 10/11 Chris 10/18			
		6:15pm <b>ZUMBA</b> Lisa Davie 10/3				

**Studio Two**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30am <b>SHORE CIRCUIT</b> Nicole	8:30am <b>TRX FIT (30 Min)</b> Tracy		9:00am <b>SHORE CIRCUIT</b> (45 Min) Lauren Courtney 10/4	5:30am <b>Spinning</b> (30 Min) Nicole	8:30am <b>Fusion</b> (60 Min) Nicole Courtney 10/6	
9am <b>Fusion</b> Courtney Marybeth 10/1	Please make sure that you sign up to reserve your bike or TRX spot! If you have to cancel your reservation please do it ASAP, so that those on the waitlist are notified.					
5:30pm <b>SPINNING</b> (45 Min) Nicole	4:30pm <b>SPINNING</b> (30 Min) Courtney	5:30pm <b>Fusion</b> (45 Min) Nicole Courtney 10/10,10/17	5:30pm <b>SHORE CIRCUIT</b> Nicole			



Did you know we have a private Facebook Group just for OFC Members? Ask to join our "OFC Friends in Fitness" group so you can be up to date with all things happening at OFC!