


**February 2019  
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	6am <b>LES MILLS CXWORX</b> Nicole	8:30am <b>LES MILLS BODYSTEP®</b> Patrick 2/2,2/9 Heather 2/23 Chris 2/16	2/3 8:30am <b>HIIT</b> Jerry
9:45am <b>Pump and Tone</b> Lauren	8:15am <b>Low Impact</b> MaryBeth	8am <b>Cardio Fit</b> Tami	9:30am <b>#FREESTYLE (30 Minutes)</b> Lauren	8:00am <b>Cardio Fit</b> Andrea Marybeth 2/8	9:30am <b>LES MILLS BODYPUMP™</b> Patrick 2/2 Robby	2/10 8:30am <b>BODYPUMP (30) CXWORX</b> Courtney
	<b>Ladies Night aka Heels Night with Staci Alexander!</b> Saturday, Feb. 9th 7:30pm-9:30pm Registration details are at the front desk!	8:45am <b>HIGH FITNESS (30min)</b> Courtney	10am <b>LES MILLS BODYPUMP™</b> (30 Minute) Courtney	8:45am <b>LES MILLS BODYSTEP®</b> Tracy		2/17 8:30am <b>HIIT</b> Jerry
		9:15am <b>LES MILLS CXWORX</b> Courtney		9:45am <b>Pump and Tone</b> Marybeth		2/24 8:30am <b>Spin/CXWORX</b> Nicole
4:30pm <b>LES MILLS BODYPUMP™</b> Nicole	5pm <b>LES MILLS CXWORX</b> Nicole Patrick 2/26	4:45pm <b>BodyPump</b> Nicole 2/13,2/27 <b>Pump and Tone</b> Jerry 2/6,2/20		5pm <b>LES MILLS BODYSTEP®</b> (30 Minute) Heather 2/7,2/21 Patrick 2/14 Chris 2/28	<p align="center"><b>WELCOME TO 2019!!!!</b></p> <p align="center"><b>2/1 DIY Mala Necklace</b></p> <p align="center"><b>2/2 Shore Zenniversary 8am-1pm</b></p> <p align="center">-Vendors -Prizes -Class Marathon!</p> <p align="center">***Sign up for classes at the front desk***</p> <p align="center"><b>Ladies Night with Staci Alexander 2/9</b></p> <p align="center">Details for sign up at the front desk!</p>	
5:30pm <b>LES MILLS BODYSTEP®</b> Chris	5:30pm <b>LES MILLS BODYPUMP™</b> Patrick	5:30pm <b>TURBO KICK</b> Chris <b>HIGH FITNESS</b> 2/27				
6:30pm <b>Kick &amp; Sculpt</b> Jerry		6:15pm <b>ZUMBA</b> Lisa				

**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		8:45am <b>SHORE CIRCUIT</b> (45 Min) Lauren	5:30am <b>Spinning</b> (30 Min) Nicole	8:30am <b>Fusion</b> (60 Min) Nicole 2/2,2/23 Donna 2/9,2/16	
9am <b>Fusion</b> Courtney	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	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!

