

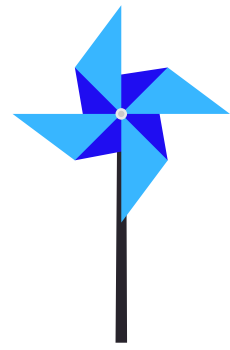
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:45AM <b>BODYSTEP</b> Courtney	5:30AM <b>WTF</b> Whisky Tango Foxtrot Nicole	5:30AM <b>SUNRISE CIRCUIT</b> Nicole	5:30AM <b>BODYPUMP</b> Nicole 4/11,4/25 Ryan 4/4,4/18	6:00AM <b>CXWORX</b> Nicole <b>Core 30</b> Donna 4/19	8:30AM <b>BODYSTEP</b> Launch 4/6 Heather 4/13 Patrick 4/20 Chris 4/27	4/7 8:30AM <b>LM BARRE (in SZ)</b> <b>9AM CXWORX (S1)</b>
9:45AM <b>PUMP &amp; TONE</b> Courtney	8:15AM <b>LOW IMPACT</b> Marybeth	8:00AM <b>CARDIO FIT</b> Tami		8:00AM <b>CARDIO FIT</b> Andrea	9:30AM <b>BODYPUMP</b> Launch 4/6 Nicole 4/13 Patrick 4/20 Ryan 4/27	4/14 8:30AM <b>HIIT</b> Jerry

# APRIL 2019 GX & SPINNING

8:45AM <b>HIGH FITNESS</b> Courtney
9:15AM <b>CXWORX</b> Courtney

9:30AM <b>#FREESTYLE</b> Courtney
No Body Pump in April.

8:45AM <b>BODYSTEP</b> Courtney
9:45AM <b>PUMP &amp; TONE</b> Marybeth



4/21 NO CLASS Easter Sunday!
4/28 8:30AM <b>Spin/Core 30</b> Donna

4:30PM <b>BODYPUMP</b> Nicole Ryan 4/1 Pump&Tone 4/22 JW
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4:45PM <b>PUMP &amp; TONE</b> Jerry 4/3,4/17 <b>BODYPUMP</b> Ryan 4/10 Patrick 4/24
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5PM <b>XTREME HIP-HOP</b> 4/19 Pinwheels Fundraiser 4/26
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# APRIL HAPPENINGS

5:30PM <b>BODYSTEP</b> Chris Patrick 4/15
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5:00PM <b>CXWORX</b> Nicole
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5:30PM <b>XTREME HIP-HOP LAUNCH</b> 4/3, 4/10 High Fitness 4/17 <b>TURBO KICK</b> Chris 4/24
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5:00PM <b>BODYSTEP</b> <b>30 Minutes</b> Patrick 4/4,4/25 Chris 4/11 Heather 4/18
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**XTREME HIP HOP LAUNCH:**  
Wednesday, April 3rd @ 5:30pm  
**LesMills LAUNCH:**  
Sat. & Sun., April 6th/7th

6:30PM <b>KICK &amp; SCULPT</b> Jerry
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5:30PM <b>BODYPUMP</b> Patrick Robby 4/23 Nicole 4/30
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6:15PM <b>ZUMBA</b> Lisa
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**Pinwheels HOPPERS Night:**  
Fri., April 12th at 5-9pm (come join Courtney, Betsy and some other familiar faces for a great cause!!)

**Easter Hours: 7am-12pm: No Classes**

5:30AM <b>SHORE CIRCUIT</b> Nicole <b>Spin/Core</b> Donna 4/22
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8:30AM <b>TRX FIT</b> <b>30 Minutes</b> Ryan 4/9,4/23 Erin 4/2,4/16,4/30
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8:45AM <b>SHORE CIRCUIT</b> Courtney Nicole 4/25
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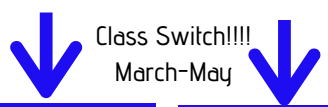
5:30AM <b>SPINNING 30</b> Nicole Donna 4/19
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8:30AM <b>FUSION</b> Nicole 4/6,4/27 Donna 4/13,4/20
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8:30AM <b>Spin 30</b> Donna 4/28
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9:00AM <b>FUSION</b> Marybeth
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Please make sure you sign up for ALL classes to ensure your spot utilizing the **Mind Body App**. If you have any questions please see Courtney Moore or email her: [courtney@olympiafitnessclubs.com](mailto:courtney@olympiafitnessclubs.com)



5:30PM <b>SPINNING</b> Nicole Jill 4/22
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4:30PM <b>SPINNING 30</b> Courtney
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5:30PM <b>SHORE CIRCUIT</b> Nicole Spin-Jill-4/17
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5:30PM <b>FUSION</b> Donna
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# DID YOU KNOW?

We have a private Facebook group for our members? Join our "OFC Friends in Fitness" Group to stay in the know, for motivation and to connect with other OFC Members!