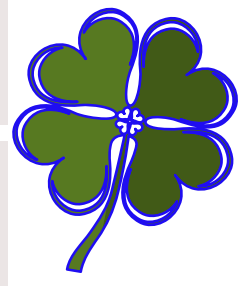


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:45AM <b>BODYSTEP</b> Courtney	5:30AM <b>TOTAL BODY CONDITIONING</b> Nicole	5:30AM <b>SUNRISE CIRCUIT</b> Nicole	5:30AM <b>BODYPUMP</b> Nicole	6:00AM <b>CXWORX</b> Nicole	8:30AM <b>BODYSTEP</b> Chris 3/2, 3/30 Patrick 3/23 Heather 3/16	3/3 8:30AM <b>HIIT</b> Jerry
9:45AM <b>PUMP &amp; TONE</b> Lauren	8:15AM <b>LOW IMPACT</b> Marybeth Andrea 3/19	8:00AM <b>CARDIO FIT</b> Tami Marybeth 3/6	9:30AM <b>#FREESTYLE</b> Lauren	8:00AM <b>CARDIO FIT</b> Andrea	9:30AM <b>BODYPUMP</b> Nicole 3/2 Patrick 3/23 Robby 3/16, 3/30	3/10 8:30AM <b>SPIN/CORE 30</b> Donna

# MARCH 2019 GX & SPINNING

8:45AM <b>HIGH FITNESS</b> Courtney	10:00AM <b>BODYPUMP</b> Courtney	8:45AM <b>BODYSTEP</b> Tracy 3/1 Courtney 3/8, 3/15 Patrick 3/22, 3/29	3/17 8:30AM <b>BODYSTEP</b> <b>CXWORX</b>
9:15AM <b>CXWORX</b> Courtney		9:45AM <b>PUMP &amp; TONE</b> Marybeth Courtney 3/22	3/24 8:30AM <b>HIIT</b> Jerry
4:30PM <b>BODYPUMP</b> Nicole		4:45PM <b>PUMP &amp; TONE</b> Jerry 3/6, 3/20 <b>BODYPUMP</b> Nicole 3/13, 3/27	3/31 8:30AM <b>BODYPUMP 45</b> Ryan
5:30PM <b>BODYSTEP</b> Chris	5:00PM <b>CXWORX</b> Nicole Courtney 3/5, 3/19	5:30PM <b>TURBO KICK</b> Chris 3/13, 3/27 <b>HIGH FITNESS</b> Heather 3/6, 3/20	5:00PM <b>BODYSTEP</b> <b>30 Minutes</b> Chris 3/7 Patrick 3/28 Heather 3/14, 3/21
6:30PM <b>KICK &amp; SCULPT</b> Jerry	5:30PM <b>BODYPUMP</b> Patrick	6:15PM <b>ZUMBA</b> Lisa	



## What's Happening this month:

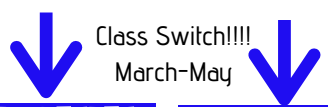
**FIND YOUR FORMAT ON MARCH 9TH!**  
Looking to sample all of the different formats that we offer here at OFC? Save the date. We've got a lot in store for you this day!

**INSTRUCTOR CHANGES**  
There are changes that we are working on! We strive to create the best possible group exercise experience around and with Tracy's new adventure we are working hard to find the best possible fit for each of her classes!

5:30AM <b>SHORE CIRCUIT</b> Nicole	8:30AM <b>TRX FIT</b> <b>30 Minutes</b> Courtney/Erin/Ryan		8:45AM <b>SHORE CIRCUIT</b> Lauren	5:30AM <b>SPINNING 30</b> Nicole	8:30AM <b>FUSION</b> Nicole 3/2, 3/23 Donna 3/16, 3/30	8:30AM <b>SPIN/CORE 30</b> 3/10
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9:00AM  
**FUSION**  
Marybeth  
No class 3/18

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	4:30PM <b>SPINNING 30</b> Courtney	5:30PM <b>SHORE CIRCUIT</b> Nicole	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!