MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:45AM	5:30AM	5:30AM	5:30AM	6:00AM	8:30AM Bodystep	6/2
BODYSTEP	Whick Tappa Fourtest	SUNRISE CIRCUIT	ВОДЧРИМР	CXWORX	Chris 6/15	8:30AM HIIT
Courtney	Whisky Tango Foxtrot Nicole	Nicole	Nicole Ryan 6/6 Patrick 6/20	Nicole	Patrick 6/16/86/29 Heather 6/22	Jerry
9:45AM	8:15AM	8:00AM		8:00AM	9:30AM Bodypump	6/9 8:30AM
PUMP & TONE	LOW IMPACT	CARDIO FIT		CARDIO FIT	Robbie 6/16/15 Patrick 6/8,6/29	водчримр
Lauren	Marybeth Andrea 6/4,6/24	Tami Andrea 6/19		Andrea	Nicole 6/22	Ryan
		8:45AM	9:30AM	8:45AM	SUMMER	6/16
JUNE	E 2019	HIGH FITNESS	#FREESTYLE 30 Minutes	BODYSTEP	SCHEDULE	8:30AM
		Courtney	Lauren	Courtney Patrick 6/14	We will be lightening	Spin/Core Donna
ſŊ	<u>አ</u>				our class load during the summer months!	
G /	ια	9:15AM		9:45AM	We need an average	6/23
		CXWORX Courtney		PUMP & TONE	of 5 class	8:30AM H11T
251	INING	courtiley		Marybeth	participants to keep classes on the	Jerry
4:30PM		4:45PM PUMP & TONE		5:30PM	schedule. If the numbers aren't there	6/30
водчримр		Jerry 6/5,6/19		XTREME HIP-HOP Heather/Chris	we will take that	8:30AM
Nicole		BODYPUMP Nicole 6/12,6/26		6/7,6/28	particular class off	BODYPUMP
					until the fall.	Ryan
5:30PM	5:00PM	5:30PM	5:00PM BODYSTEP CLASS EVALUATIONS			
BODYSTEP	CXWORX	Hoatbor/(bris		It's that time of year where we take the		
				its that time	or year where	e we lake line
Chris	Nicole	Heather/Chris	Chris 6/20		feedback that	
Chris	Nicole	Heather/Chris		constructive	,	you provide
Chris 6:30PM	Nicole 5:30PM	Heather/Chris 6:15PM	Chris 6/20	constructive and use i	feedback that	you provide Dutside of
Chris 6:30PM KICK & SCULPT	Nicole 5:30PM BODYPUMP	Heather/Chris 6:15PM ZUMBA	Chris 6/20	constructive and use il Courtney's c	feedback that t to be better! (office and in St	you provide Dutside of nore Zen we
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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!