

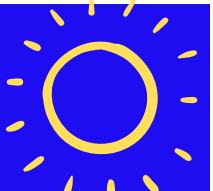
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:45AM <b>BODYSTEP</b> Courtney	5:30AM <b>WTF</b> Whisky Tango Foxtrot Nicole	5:30AM <b>SUNRISE CIRCUIT</b> Nicole	5:30AM <b>BODYPUMP</b> Nicole Ryan 6/6 Patrick 6/20	6:00AM <b>CXWORX</b> Nicole	8:30AM <b>BODYSTEP</b> Chris 6/15 Patrick 6/16,8,6/29 Heather 6/22	6/2 8:30AM <b>HIIT</b> Jerry
9:45AM <b>PUMP &amp; TONE</b> Lauren	8:15AM <b>LOW IMPACT</b> Marybeth Andrea 6/4,6/24	8:00AM <b>CARDIO FIT</b> Tami Andrea 6/19		8:00AM <b>CARDIO FIT</b> Andrea	9:30AM <b>BODYPUMP</b> Robbie 6/16/15 Patrick 6/8,6/29 Nicole 6/22	6/9 8:30AM <b>BODYPUMP</b> Ryan

# JUNE 2019 GX & SPINNING

4:30PM <b>BODYPUMP</b> Nicole		4:45PM <b>PUMP &amp; TONE</b> Jerry 6/5,6/19 <b>BODYPUMP</b> Nicole 6/12,6/26		8:45AM <b>BODYSTEP</b> Courtney Patrick 6/14	<h2>SUMMER SCHEDULE</h2> <p>We will be lightening our class load during the summer months! We need an average of 5 class participants to keep classes on the schedule. If the numbers aren't there we will take that particular class off until the fall.</p>	6/16 8:30AM <b>Spin/Core</b> Donna
5:30PM <b>BODYSTEP</b> Chris	5:00PM <b>CXWORX</b> Nicole	5:30PM <b>XTREME HIP-HOP</b> Heather/Chris	9:30AM <b>#FREESTYLE</b> 30 Minutes Lauren	9:45AM <b>PUMP &amp; TONE</b> Marybeth		6/23 8:30AM <b>HIIT</b> Jerry
6:30PM <b>KICK &amp; SCULPT</b> Jerry	5:30PM <b>BODYPUMP</b> Patrick	6:15PM <b>ZUMBA</b> Lisa	9:15AM <b>CXWORX</b> Courtney	5:30PM <b>XTREME HIP-HOP</b> Heather/Chris 6/7,6/28		6/30 8:30AM <b>BODYPUMP</b> Ryan
5:30PM <b>BODYSTEP</b> Chris	5:00PM <b>CXWORX</b> Nicole	5:30PM <b>XTREME HIP-HOP</b> Heather/Chris	5:00PM <b>BODYSTEP</b> 30 Minutes Patrick 6/13,6/27 Chris 6/20 Heather 6/6			

## CLASS EVALUATIONS

It's that time of year where we take the constructive feedback that you provide and use it to be better! Outside of Courtney's office and in Shore Zen we will have a place for to provide feedback!

5:30AM <b>SHORE CIRCUIT</b> Nicole	8:30AM <b>TRX FIT</b> 30 Minutes Ryan 6/18,6/25 Erin 6/4,6/11		8:45AM <b>SHORE CIRCUIT</b> Lauren	5:30AM <b>SPINNING 30</b> Nicole	8:30AM <b>FUSION</b> Nicole 6/16/22,6/29 Donna 6/8,6/15	8:30AM <b>Spin 30</b> Donna 6/16
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9:15AM  
**SPINNING 30**  
Lauren

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>FUSION</b> Nicole Donna 6/5,6/19	5:30PM <b>SHORE CIRCUIT</b> Nicole Lauren 6/20
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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!