

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:45AM BODYSTEP Courtney	5:30AM WTF Whisky Tango Foxtrot Nicole	5:30AM SUNRISE CIRCUIT Nicole	5:30AM BODYPUMP Nicole 5/2,5/23,5/30 Ryan 5/9,5/16	6:00AM CXWORX Nicole	8:30AM BODYSTEP Heather 5/4 Chris 5/11,5/25 Patrick 5/18	5/5 8:30AM HIIT Jerry
9:45AM PUMP & TONE Lauren	8:15AM LOW IMPACT Marybeth	8:00AM CARDIO FIT Tami Marybeth 5/1		8:00AM CARDIO FIT Andrea	9:30AM BODYPUMP Nicole 5/11,5/25 Patrick 5/4,5/18	5/12 8:30AM/9AM BODYSTEP/CXWORX Courtney

MAY 2019 GX & SPINNING

4:30PM BODYPUMP Nicole		4:45PM PUMP & TONE Jerry 5/8,5/22 BODYPUMP Ryan 5/1 Nicole 5/15,5/29	<p>IT'S MEMBER APPRECIATION MONTH!!!!</p> <p>Grab your prize calendar and fill out a ticket each time you workout!</p>	
5:30PM BODYSTEP Chris	5:00PM CXWORX Nicole	5:30PM XTREME HIP-HOP 5/1,5/8,5/15,5/29 TURBO KICK Chris 5/22		5:00PM BODYSTEP 30 Minutes Patrick 5/2,5/16 Chris 5/9 Heather 5/23,5/30
6:30PM KICK & SCULPT Jerry	5:30PM BODYPUMP Patrick	6:15PM ZUMBA Lisa Alli 5/1		

Save the Date!
SHORE GAMES
JUNE 8TH!

Registration now open!!!



Link to register:
<http://bit.ly/PINWHEELS2019>

Memorial Day Hours
7am - 12pm
Modified GX Schedule
8:30am BodyStep & Spin
9:30am BodyPump

5:30AM SHORE CIRCUIT Nicole	8:30AM TRX FIT 30 Minutes Ryan 5/7,5/21 Erin 5/14,5/28		8:45AM SHORE CIRCUIT Lauren Courtney 5/2	5:30AM SPINNING 30 Nicole	8:30AM FUSION Nicole 5/11,5/25 Donna 5/4,5/18	8:30AM Spin 30 Donna 5/12,5/26
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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

↓ Class Switch!!!! ↓
March-May

5:30PM SPINNING Nicole	4:30PM SPINNING 30 Courtney	5:30PM SHORE CIRCUIT Nicole MaryB 5/1 Spinning	5:30PM FUSION Donna 5/2,5/16,5/30 Lauren 5/9 Nicole 5/23
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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!