



**OLYMPIA FITNESS CLUBS**

★ **Salisbury's  
Finest  
Fitness  
Facility**

**GROUP  
EXERCISE  
SCHEDULE**

**July 2010**

**Studio 1**

Sun ★ Mon ★ Tue ★ Wed ★ Thu ★ Fri ★ Sat

				1	2	3
				5:30 BodyPump Nicole 8:45 Kickboxing Lindsey 4:30 BodyStep Courtney 5:30 Pump-n-Tone Lynn	8:45 BodyStep Chris 9:45 BodyPump Lynn/Michelle 4:45 BodyPump Courtney	8:30 BodyStep Michelle 9:30 BodyPump Lynn
4 8:00 Pedal-n-Pump Scott 	5 8:30 BodyStep Michelle 9:30 BodyPump Courtney	6 5:30 Pedal-n-Pump Scott 8:45 Kickboxing Lindsey 4:45 Pump-n-Tone Sia 5:30 BodyStep Michelle 6:45 Kickboxing Lindsey	7 8:45 Party Step Lola 9:45 Pump-n-Tone Mimi 4:45 BodyPump Exp Courtney 5:30 Interval Step Lynn 6:30 BodyPump Lynn	8 5:30 BodyPump Lynn 8:45 Kickboxing Lindsey 4:30 BodyStep Chris 5:30 Pump-n-Tone Nicole	9 8:45 BodyStep Michelle 9:45 BodyPump Mimi/Michelle 4:45 BodyPump Lynn	10 8:30 BodyStep Courtney 9:30 BodyPump Courtney
11 8:00 BodyPump Lynn	12 8:45 Party Step Lola 9:45 Pump-n-Tone Mimi 4:30 BodyPump Nicole 5:30 BodyStep Michelle 6:30 BodyPump Courtney	13 5:30 Pedal-n-Pump Nicole 8:45 Kickboxing Lindsey 4:45 Pump-n-Tone Sia 5:30 BodyStep Courtney No PM Kickboxing	14 8:45 Step Lynn 9:45 Pump-n-Tone Mimi 4:45 BodyPump Exp Nicole 5:30 Interval Step Sia 6:30 BodyPump Courtney	15 5:30 BodyPump Nicole 8:45 Kickboxing Lindsey 4:30 BodyStep Courtney 5:30 Pump-n-Tone Lynn	16 8:45 BodyStep Chris 9:45 BodyPump Nicole 4:45 BodyPump Courtney	17 <b>Les Mills Launch!</b> 8:30 BodyStep Chris & Courtney 9:30 BodyPump Nicole & Courtney
18 8:00 Pedal-n-Pump Nicole	19 8:45 Party Step Lola 9:45 Pump-n-Tone Mimi 4:30 BodyPump Nicole 5:30 BodyStep Courtney 6:30 BodyPump Lynn	20 5:30 Pedal-n-Pump Nicole 8:45 Kickboxing Lindsey 4:45 Pump-n-Tone Sia 5:30 BodyStep Courtney 6:45 Kickboxing Lindsey	21 8:45 Step Lynn 9:45 Pump-n-Tone Lynn 4:45 BodyPump Exp Nicole 5:30 Interval Step Sia 6:30 BodyPump Courtney	22 5:30 BodyPump Nicole 8:45 Kickboxing Lindsey 4:30 BodyStep Courtney 5:30 Pump-n-Tone Lynn	23 8:45 BodyStep Michelle 9:45 BodyPump Nicole 4:45 BodyPump Courtney	24 8:30 BodyStep Chris 9:30 BodyPump Lynn
25 8:00 BodyStep Michelle	26 8:45 Party Step Lola 9:45 Pump-n-Tone Mimi 4:30 BodyPump Courtney 5:30 BodyStep Michelle 6:30 BodyPump Lynn	27 5:30 Pedal-n-Pump Mike 8:45 Kickboxing Lindsey 4:45 Pump-n-Tone Sia 5:30 BodyStep Courtney 6:45 Kickboxing Lindsey	28 8:45 Step Lynn 9:45 Pump-n-Tone Lynn 4:45 BodyPump Exp Courtney 5:30 Interval Step Sia 6:30 BodyPump Courtney	29 5:30 BodyPump Lynn 8:45 Kickboxing Lindsey 4:30 BodyStep Chris 5:30 Pump-n-Tone Mimi	30 8:45 BodyStep Chris 9:45 BodyPump Mimi/Michelle 4:45 BodyPump Courtney	31 8:30 BodyStep Courtney 9:30 BodyPump Lynn