


May 2025

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Studio One	8:45AM BodyStep Tracy	5:30AM WTF (What's the Format) Nicole	8:30AM SHRED Courtney	5:30AM Barbell Class Robby 1st, 15th, 22nd Ryan 8th, 29th	8:45AM BodyStep Courtney	8:30AM BodyStep Tracy 3rd Courtney 10th 8AM LAUNCH 17th	8:30AM Barbell Class Ryan 4th, 11th, 25th Donna 18th
	9:45AM Butts, Guts & Bands Courtney	8:00AM LOW IMPACT Marybeth	9:00AM Functional Fit 30 Tracy Nadine 14th	8:00AM CARDIO FIT Tami	9:30AM Functional Fit 45 Marybeth Tracy 2nd	XTREME BURN Chris 24th, 31st	
	4:30PM Barbell Class Nicole	4:30PM FreeStyle Strength Nicole	4:45PM Butts, Guts & Bands Nicole starting 14th			2025	
	5:30PM XTREME BURN Chris	6:00PM XTREME HIP HOP Chris	5:30PM BODYWORKS Jerry Susan 7th	5:15PM BOOTCAMP Nadine Need 22nd	<i>Welcome to 2025</i> Sound Healing - Friday, May 16th at 5:30pm Save The Date OFC Birthday - May 17th Memorial Day Modified Hours 5am -12pm 8:00am MURPH - Court/Taylor 8:30am BodyStep - Tracy 9:30am Fitness Pilates - Kira		
		7:15PM ADVANCED XTREME HIP HOP Chris		6:00PM/7:00PM XTREME HIP HOP Chris			
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Cycling Studio	5:30AM FUSION Donna				5:30AM SHORE CIRCUIT Nicole	8:30AM FUSION Nadine 3rd Nicole 10th No Class 17th, 24th, 31st	
		8:30AM TRX Suspension Training Nadine 6th, 20th Ryan 13th, 27th			<i>Olympia turns 20 in 2025!</i> We will be celebrating ALL YEAR long. Each month expect to see a fun challenge or event that celebrates our upcoming birthday. This month: Member Appreciation Month		
		5:30PM CYCLE 30 Taylor					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Shore Zen	8:00AM Gentle Yoga Cinzia	9:00AM Fitness Pilates Kira	9:30AM GROUP CENTERGY Betsy	5:30AM GROUP CENTERGY Tabitha	5:30AM Shore Heat Rosie 2nd, 9th, 30th Courtney 16th, 23rd	9:30AM Fitness Pilates Courtney	9:30AM GROUP CENTERGY Susan Tami 25th
	9:00AM Soul Fusion Tami		4:45PM Vinyasa Courtney		8:00AM Gentle Yoga Betsy No Class 30th		
	5:30PM GROUP CENTERGY Susan	5:30PM Fitness Pilates Courtney		5:30pm Flow & Restore Susan	9:30AM GROUP CENTERGY Tami	 Sound Healing May 16th at 5:30pm	
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
On the Dock	5:30AM DOCK Nicole		5:30AM DOCK Nicole			7:30AM DOCK Nadine 3rd, 17th Nicole 10th, 31st Donna 24th	