

February 2023 Schedule

Happenings:

New Classes on the schedule

Parentines Challenge

Olympia
Fitness
Clubs

A SHORE STRONG
COMPANY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>45' 8:45AM LES MILLS BODYSTEP Tracy</p> <p>45' 9:45AM <i>Pump & Tone</i> Tracy</p> <p>45' 4:30PM LES MILLS BODYPUMP Nicole Ryan 20th</p> <p>30' 5:30PM LES MILLS BODYSTEP Chris Courtney 13th</p> <p>45' 6:05PM <i>Kick & Sculpt</i> Jerry</p>	<p>55' 5:30AM WTF What's The Format Nicole</p> <p>45' 8:00AM <i>Low Impact</i> Marybeth</p> <p>45' 4:30PM <i>Buns & Guns</i> Nicole Donna 7th</p> <p>45' 5:30/7:00PM XTREME HIP HOP Step Chris</p>	<p>45' 8:45AM <i>Shred</i> Courtney</p> <p>45' 4:45PM LES MILLS BODYPUMP Nicole</p> <p>55' 5:35PM <i>BodyWorks</i> Jerry</p>	<p>55' 5:30AM LES MILLS BODYPUMP Robby 2nd,23rd Ryan 9th,16th</p> <p>45' 8:00AM <i>Cardio Fit</i> Tami</p> <p>30' 5:00PM LES MILLS BODYSTEP Courtney</p> <p>45' 5:45PM XTREME BURN Chris</p> <p>45' 7:00PM XTREME HIP HOP Step Chris</p>	<p>30' 6:00AM <i>Core & More</i> Nicole</p> <p>45' 8:45AM LES MILLS BODYSTEP Courtney</p> <p>45' 9:45AM <i>Pump & Tone</i> Marybeth</p>	<p>55' 8:30AM LES MILLS BODYSTEP Tracy 11th,25th Patrick 4th,18th</p> <p>55' 9:30AM LES MILLS BODYPUMP Ryan 4th,11th Robby 18th,25th</p>	<p>45' 8:30AM ROTATION 5th LES MILLS BODYPUMP 12TH&26th XTREME BURN 19th <i>BodyWorks</i></p>

Studio One

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>45' 5:30AM FUSION Donna</p> <p>30' 12:30PM <i>Cycle 30</i> Courtney</p> <p>45' 5:30PM <i>Shore Circuit</i> Nicole Ryan 20th</p>	<p>30' 8:30AM TRX Suspension Training Nadine Ryan 21st</p> <p>30' 5:30PM <i>Cycle 30</i> Taylor Courtney 28th</p>	<p>30' 5:30PM <i>Beginner Cycle</i> 1st & 15th Taylor</p>		<p>30' 5:30AM <i>Cycle 30</i> Coach By Color Nicole</p>	<p>45' 8:30AM FUSION Nicole</p>	

Cycling

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>45' 8:00AM <i>Gentle Yoga</i> Cinzia</p> <p>55' 10:30AM LES MILLS BODYFLOW Tami Betsy 13th</p> <p>30' 5:00PM BUTI M V M N T Courtney</p> <p>30' 5:30PM <i>Ath. Barre</i> Jerry</p>	<p>30' 9:00AM <i>PiYo</i> Tami Barre with Tabitha 14th</p> <p>55' 6:00PM LES MILLS BODYFLOW Susan</p>	<p>55' 10:30AM LES MILLS BODYFLOW Betsy</p> <p>45' 4:45PM <i>Vinyasa</i> Courtney</p> <p>30' 5:35PM <i>Aerial Fitness</i> Courtney</p> <p>30' 6:30PM <i>Core & Stretch</i> Jerry</p>	<p>45' 5:30PM LES MILLS BODYFLOW Courtney</p>	<p>55' 5:30AM <i>Shore Heat</i> Courtney 3rd Rosie 10th,24th Susan 17th</p> <p>45' 8:00AM <i>Gentle Yoga</i> Courtney</p> <p>55' 10:30AM LES MILLS BODYFLOW Tabitha</p>	<p>45' 9:30AM <i>Shore Heat</i> Courtney</p>	<p>55' 9:30AM LES MILLS BODYFLOW Susan Tabitha 12th</p>

Shore Zen

45' 5:30AM
DOCK WORKOUT
Nicole

45' 5:30AM
DOCK WORKOUT
Nicole

45' 5:30PM
DOCK WORKOUT
Jerry 2nd,23rd
Taylor 9th, 16th

45' 8:00AM
DOCK WORKOUT
Jerry