

February 2025

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Studio One	9:00AM Shore Step Courtney 3rd, 17th Ryan 10th, 24th	5:30AM WTF (What's the Format) Nicole	8:30AM SHRED Courtney	5:30AM Ryan 6th, 13th Nadine 20th Robby 27th	8:45AM Courtney	8:30AM Ryan 1st Courtney 15th	8:30AM Ryan 2nd, 16th Robby 9th
	9:45AM STRENGTH Courtney	8:00AM LOW IMPACT Marybeth Tami 25th	9:00AM Functional Fit 30 Nadine	8:00AM CARDIO FIT Tami	9:30AM Functional Fit 45 Marybeth Susdn 21st	XTREME BURN Chris 8th, 22nd	
	4:30PM Barbell Class Nicole Robby 10th	4:30PM FreeStyle Strength Nicole				2025	
	5:30PM XTREME BURN Chris Step 10th CJM	6:00PM XTREME HIP HOP Chris	5:30PM BODYWORKS Jerry	5:15PM BOOTCAMP Nadine	<i>Welcome to 2025</i> Chill Out Cupid - Cryo Event 2/12 5pm-7pm Sound Healing - Friday, February 7th Heated Sculpt - Friday, February 21st		
		7:15PM ADVANCED XTREME HIP HOP Chris		6:00PM/7:00PM XTREME HIP HOP Chris No Class 13th			
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30AM FUSION Donna				5:30AM SHORE CIRCUIT Nicole	8:30AM FUSION Donna 1st Nadine 15th No Class 8th, 22nd		
	8:30AM Ryan 4th, 18th Nadine 11th, 25th	4:45PM SHORE CIRCUIT Nicole		<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: 20 miles in the gym for the month of February.			
	5:30PM CYCLE 30 Taylor Nicole 25th						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
8:00AM Gentle Yoga Cinzia Susan 3rd, Betsy 10th	9:00AM Courtney	9:30AM Betsy	5:30AM Tabitha	5:30AM Shore Heat Rosie 7th, 21st Courtney 14th, 28th	9:30AM Courtney	9:30AM Susan	
9:00AM Soul Fusion Tami Susan 10th		4:45PM Vinyasa Courtney		8:00AM Gentle Yoga Betsy			
5:30PM Susan	5:30PM Courtney		5:45pm Flow & Restore Susan	9:30AM Tami	Sound Healing Friday, February 7th		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
5:30AM DOCK Nicole		5:30AM DOCK Nicole			7:30AM DOCK Donna 1st Nicole 8th Nadine 15th, 22nd		

Studio One

Cycling Studio

Shore Zen

On the Dock