

Colonial Heights GroupX February 2010



www.amfamfit.com
520-7000



Sun	mon	Tues	Wed	Thurs	Fri	Sat
<p>Attention</p> <p>Members:</p> <p>We will offer</p> <p>11:30am.</p> <p>BodyFlow</p> <p>EVERY</p> <p>Sunday</p> <p>this Month</p>	<p>1</p> <p>6:00 BodyPump-Heather 9:15 Zumba+-Alicia 10:00 AB Sculpting-Gayle 10:30 YogaFlex-Martha 12:00 BodyPump*-Gayle</p> <p>4:30 BodyCombat-Melanie 5:30 Zumba+-Valerie 6:15 BodyPump*-Mike 7:00 Basic Step-Lyn</p>	<p>2</p> <p>8:30 Seniorcize-Ellen 9:30 Basic Step- Karen 10:30 BodyPump*-Kristie 1:00 Tai Chi for Arthritis+ 4:00 BodyPumpExpress- Gayle</p> <p>5:00 30/20/10-Mike 6:00 BodyJam-Annie 7:00 Yoga-Flex-Martha 8:00 Karate</p>	<p>3</p> <p>6:00 BodyPump-Heather 8:00 YogaFlex-Jay 9:30 Pilates-John 10:30 Build&Burn- Michael&Gayle 11:30 ABS Plus-Kristie 12:00 BodyPump*-Kristie</p> <p>5:00 BodyCombat-Melanie 6:00 Zumba-Tracy 7:00 Pilates-Nijah 8:00 Line Dancing-Benita</p>	<p>4</p> <p>8:30 Seniorcize-Ellen 9:30 BodyStep-Karen 10:30 BodyCombat-Kristin</p> <p>4:30 YogaFlex-Melissa 5:30 BodyStep-Heidi 6:30 BodyPump*-Valerie 8:00 Karate</p>	<p>5</p> <p>6:00 BodyPump-Heather 8:15 YogaFlex-Jay 9:30 Zumba-Alicia 10:30 BodyPump*-Gayle</p> <p>5:30 Zumba-Tracy</p>	<p>6</p> <p>7:15 AdvStep-Karen 8:15 BodyPump*-Gayle 9:30 Zumba-Lori 10:30 ABS Plus-Lori 11:00 YogaFlex-Martha</p>
<p>7</p> <p>11:30 BodyFlow-Ruth</p> <p>12:30 CardioBoxing- Michael</p> <p>2:00 Zumba-Tracy</p>	<p>8</p> <p>6:00 BodyPump-Heather 9:15 Zumba+-Alicia 10:00 AB Sculpting-Gayle 10:30 YogaFlex-Martha 12:00 BodyPump*-Gayle</p> <p>4:30 BodyCombat-Melanie 5:30 Zumba+-Valerie 6:15 BodyPump*-Mike 7:30 Basic Step-</p>	<p>9</p> <p>8:30 Seniorcize-Ellen 9:30 Basic Step- Lyn 10:30 BodyPump*-Kristie 1:00 Tai Chi for Arthritis+ 4:00 BodyPumpExpress- Gayle</p> <p>5:00 30/20/10-Mike 6:00 Belly Dancing-Alicia 7:00 Yoga-Flex-Martha 8:00 Karate</p>	<p>10</p> <p>6:00 BodyPump-Heather 8:00 YogaFlex-Jay 9:30 Pilates-John 10:30 Build&Burn- Michael&Gayle 11:30 ABS Plus-Gayle 12:00 BodyPump*-Gayle</p> <p>5:00 BodyCombat-Melanie 6:00 Zumba-Tracy 7:00 Pilates-Nijah 8:00 Line Dancing-Benita</p>	<p>11</p> <p>8:30 Seniorcize-Ellen 9:30 BodyStep-Karen 10:30 BodyCombat-Kristin</p> <p>4:30 YogaFlex-Melissa 5:30 BodyStep-Karen 6:30 BodyPump*-Mike 8:00 Karate</p>	<p>12</p> <p>6:00 BodyPump-Heather 8:15 YogaFlex-Jay 9:30 Zumba-Alicia 10:30 BodyPump*-Gayle</p> <p>5:30 Zumba-Valerie</p>	<p>13</p> <p>7:15 Adv.Step-Melanie 8:15 BodyPump*-Valerie 9:30 Zumba-Alicia 10:30 ABS Plus-Alicia 11:00 YogaFlex-Martha</p>
<p>14</p> <p>11:30 BodyFlow-Nijah 12:30 Cardioboxing- Michael</p> <p>2:00 Zumba-Lori</p> <p>Happy Valentine's Day</p>	<p>15</p> <p>6:00 BodyPump-Heather 9:15 Zumba+-Alicia 10:00 AB Sculpting-Gayle 10:30 YogaFlex-Martha 12:00 BodyPump*-Gayle</p> <p>4:30 BodyCombat-Melanie 5:30 Zumba+-Alicia 6:15 BodyPump*-Mike 7:30 Basic Step-Lyn</p>	<p>16</p> <p>8:30 Seniorcize-Ellen 9:30 Basic Step-Karen 10:30 BodyPump*-Kristie 1:00 Tai Chi for Arthritis+ 4:00 BodyPumpExpress- Gayle</p> <p>5:00 30/20/10-Mike 6:00 BodyJam-Maria 7:00 YogaFlex-Martha 8:00 Karate</p>	<p>17</p> <p>6:00 BodyPump-Heather 8:00 YogaFlex-Jay 9:30 Pilates-John 10:30 Build&Burn- Michael&Gayle 11:30 ABS Plus-Kristie 12:00 BodyPump*-Kristie</p> <p>5:00 BodyCombat-Melanie 6:00 Zumba-Tracy 7:00 Pilates-Nijah 8:00 Line Dancing-Benita</p>	<p>18</p> <p>8:30 Seniorcize-Ellen 9:30 BodyStep-Karen 10:30 BodyCombat-Kristin</p> <p>4:30 YogaFlex-Melissa 5:30 BodyStep-Heidi 6:30 BodyPump*-Valerie 8:00 Karate</p>	<p>19</p> <p>6:00 BodyPump-Heather 8:15 YogaFlex-Jay 9:30 Zumba-Alicia 10:30 BodyPump*-Gayle</p> <p>5:30 Zumba-Tracy</p>	<p>20</p> <p>7:15 AdvStep-Karen 8:15 BodyPump*-Mike 9:30 Zumba-Valerie 10:30 ABS Plus-Valerie 11:00 YogaFlex-Lori</p>
<p>21</p> <p>11:30 BodyFlow-Ruth</p> <p>12:30 Cardioboxing- Michael</p> <p>2:00 Zumba-Valerie</p>	<p>22</p> <p>6:00 BodyPump-Heather 9:15 Zumba+-Alicia 10:00 AB Sculpting-Gayle 10:30 YogaFlex-Martha 12:00 BodyPump*-Gayle</p> <p>4:30 BodyCombat-Melanie 5:30 Zumba+-Valerie 6:15 BodyPump*-Mike 7:30 Basic Step-</p>	<p>23</p> <p>8:30 Seniorcize-Ellen 9:30 Basic Step-Lyn 10:30 BodyPump*-Kristie 1:00 Tai Chi for Arthritis+ 4:00 BodyPumpExpress- Gayle</p> <p>5:00 30/20/10-Mike 6:00 Belly Dancing-Alicia 7:00 YogaFlex-Martha 8:00 Karate</p>	<p>24</p> <p>6:00 BodyPump-Heather 8:00 YogaFlex-Jay 9:30 Pilates-John 10:30 Build&Burn- Michael&Gayle 11:30 ABS Plus-Kristie 12:00 BodyPump*-Kristie</p> <p>5:00 BodyCombat-Melanie 6:00 Zumba-Tracy 7:00 Pilates-Nijah 8:00 Line Dancing-Benita</p>	<p>25</p> <p>8:30 Seniorcize-Ellen 9:30 BodyStep-Karen 10:30 BodyCombat-Kristin</p> <p>4:30 YogaFlex-Melissa 5:30 BodyStep-Heidi 6:30 BodyPump*-Mike 8:00 Karate</p>	<p>26</p> <p>6:00 BodyPump-Heather 8:15 YogaFlex-Jay 9:30 Zumba-Alicia 10:30 BodyPump*-Gayle</p> <p>5:30 Zumba-Tracy</p>	<p>27</p> <p>7:15 AdvStep-Melanie 8:15 BodyPump*-Valerie 9:30 Zumba-Alicia 10:30 ABS Plus-Alicia 11:00 YogaFlex-Martha</p>
<p>28</p> <p>11:30 BodyFlow-Nijah</p> <p>12:30 Cardioboxing- Michael</p> <p>2:00 Zumba-Lori</p>						