

Sun

Mon

Tue

Wed

Thu

Fri

Sat


AMERICAN FAMILY FITNESS

FIT AS YOU WANT TO BE

Swift Creek Cycle Schedule March 2010

Did you know that you can pull this schedule up on amfamfit.com? In fact, you can look at all 7 location's schedules! Find the right class for you and help us save a tree!

Attention Members:

Please remember to bring a water bottle to ride and also, to preserve our bikes, only ride them during class time...we want to maintain their great condition and they are for class time only!

Don't forget to get your pass to ride! See front desk for more details

☺ **Means Family Friendly!**
Monday and Wednesday nights are now at 7 pm!!

	1 6:00 Cycle45-Laurie 9:30 Cycle45-Kimi 6:00 Cycle45-Damaris 7:00 Cyclestrength-Joy	2 5:45 Cycle60-Hilari 8:30 Beginner cycle-Laurie 10:00 CycleFusion-Laurie 4:30 Cycle45-Kristin 6:30 Cycle45-Tom	3 9:30 Cycle45-Kimi 6:00 Cycle45-Debbie 7:00 Cycle45-Damaris	4 6:00 Cycle45-Denise 8:30 Beginner cycle-Laurie 10:00 Cycle45-Laurie 5:30 Cycle30-Debbie 6:30 Cycle BootCamp-Kimi	5 9:30 Cycle45-Laurie 5:30 Cycle30-Joy	6 8:00 cycle 45-Denise 9:15 Cycle60-Diane ☺10:30 Family cycle Laurie
7 10:15 Cycle45-Laurie 3:30 Cycle45-Dan	8 6:00 Cycle45-Kristin 9:30 Cycle45-Maria 6:00 Cycle45-Debbie 7:00 Cyclestrength-Ruth	9 5:45 Cycle60-Denise 8:30 Beginner cycle-Laurie 10:00 CycleFusion-Laurie 4:30 Cycle45-Joy 6:30 Cycle45-Wendi	10 9:30 Cyclecore-Kristin 6:00 Cycle45-Debbie 7:00 Cycle45-Damaris	11 6:00 Cycle45-Denise 8:30 Beginner cycle-Laurie 10:00 Cycleabs-Gayle 5:30 Cycle30-Joy 6:30 Cycle BootCamp-Kimi	12 9:30 Cycle45-Laurie 5:30 Cycle30-Tom	13 8:00 cycle 45-Kathy 9:15 Cycle60-Hilari ☺10:30 Family cycle Denise
14 10:15 Cycle45-Debbie 3:30 Cycle45-Dan	15 6:00 Cycle45-Laurie 9:30 Cycle45-Kimi 6:00 Cycle45-Damaris 7:00 Cyclestrength-Joy	16 5:45 Cycle60-Hilari 8:30 Beginner cycle-Laurie 10:00 CycleFusion-Laurie 4:30 Cycle45-Kristin 6:30 Cycle45-Tom	17 9:30 Cycle45-Kimi 6:00 Cycle45-Debbie 7:00 Cycle45-Kathy	18 6:00 Cycle45-Denise 8:30 Beginner cycle-Laurie 10:00 Cycle45-Laurie 5:30 Cycle30-Joy 6:30 Cycle BootCamp-Kimi	19 9:30 Cycle45-Laurie 5:30 Cycle30-Hilari	20 8:00 cycle 45-Joy 9:15 Cycle60-Kristin ☺10:30 Family cycle Ruth
21 10:15 Cycle45-Wendi 3:30 Cycle45-Dan	22 6:00 Cycle45-Kristin 9:30 Cycle45-Maria 6:00 Cycle45-John 7:00 Cyclestrength-Debbie	23 5:45 Cycle60-Denise 8:30 Beginner cycle-Laurie 10:00 CycleFusion-Laurie 4:30 Cycle45-Joy 6:30 Cycle45-Wendi	24 9:30 Cycle45-Kristin 6:00 Cycle45-Stephanie 7:00 Cycle45-Damaris	25 6:00 Cycle45-Denise 8:30 Beginner cycle-Laurie 10:00 Cycleabs-Gayle 5:30 Cycle30-Debbie 6:30 Cycle BootCamp-Kimi	26 9:30 Cycle45-Laurie 5:30 Cycle30-Tom	27 8:00 cycle 45-Ruth 9:15 Cycle60-Diane ☺10:30 Family cycle Denise
28 10:15 Cycle45-Hilari 3:30 Cycle45-Dan	29 6:00 Cycle45-Laurie 9:30 Cycle45-Kimi 6:00 Cycle45-Damaris 7:00 Cyclestrength-Joy	30 5:45 Cycle60-Hilari 8:30 Beginner cycle-Laurie 10:00 CycleFusion-Laurie 4:30 Cycle45-Kristin 6:30 Cycle45-Tom	31 9:30 Cycle45-Kimi 6:00 Cycle45-Debbie 7:00 Cycle45-Kathy			