

Sun

Mon

Tue

Wed

Thu

Fri

Sat



Swift Creek Mind/Body Schedule March 2010

www.amfamfit.com

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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!

☺ Means Family Friendly

	1 6:00 GentleYoga-Tray 9:15 YogaFlex*-Jay 10:45 Bodyflow-Ruth 12:15 GentleYoga-Clarissa 4:30 PilatesPlus-Rosie 5:30 YogaFlex-Amy 6:45 BodyflowXP-Ruth 7:30 YogaFlex*-Kathy	2 6am Yogaflex-Jay 9:30 Pilates Plus-Sophie 10:45 YogaFlex*-Hilari 4:30 Gentleflex-Jay 6:30 YogaFlex-Joy 7:45 Karate	3 9:30 GentleYoga-Tim 10:30 Body Flow-Rose 12:15 YogaFlex*-Dana 5:30 Pilates-Annie 6:45 GentleYoga-Kathy	4 9:30 Pilates-Klmi 10:45 YogaFlex-Rose 4:30 Familyyoga-Laurie 5:30 PilatesPlus-Annie 6:30 YogaflexXP-Kathy 8:00-Xtreamgentle YogaXP-Clarissa	5 6:00 YogaFlex-Jay 9:30 PowerYoga*-Anne Marie 10:45 GentleYoga*-Anne Marie 4:30 Yogaflex-Martha 7:00 Karate	6 8:30 Bodyflow-Ruth 9:30 Pilates-Annie 10:30 YogaFlex on the ball*-Amy ☺11:45-Tai Kwon Do-Dan
7 8:00 -GentleYoga-Laurie 9:30 GentleYoga*-Rosemary 10:45 YogaFlex*-Amy 4:30 Yogaflex*-Tim	8 6:00 GentleYoga-Tray 9:15 YogaFlex*-Jay 10:45 Bodyflow-Rose 12:15 GentleYoga-Clarissa 4:30 PilatesPlus-Annie 5:30 YogaFlex-Amy 6:45 BootcampXP-Joy 7:30 YogaFlex*-Kathy	9 6am Yogaflex-Jay 9:30 Pilates Plus-Sophie 10:45 YogaFlex*-Clarissa 4:30 Gentleflex-Jay 6:30 YogaFlex-Amy 7:45 Karate	10 9:30 GentleYoga-Rose 10:30 Body Flow-Rosie 12:15 YogaFlex*-Traysi 5:30 Pilates-Annie 6:45 Gentle Yoga-Traysi	11 9:30 Pilates-Sophie 10:45 YogaFlex-Traysi 4:30 Familyyoga-Laurie 5:30 PilatesPlus-Laurie 6:30 PowerYoga-Clarissa 7:45-Xtream gentle Yoga-Hilari	12 6:00 YogaFlex-Jay 9:30 PowerYoga*-Ann Marie 10:45 GentleYoga*-Ann Marie 4:30 YogaFlex-Joy 7:00 Karate	13 9:30 Pilates-Sophie 10:30 YogaFlex*-Kathy ☺11:45-Tai Kwon Do-Dan
14 8:00 GentleYoga-Laurie 9:30 GentleYoga*-Hilari 10:45 YogaFlex*-Jay 2:30 Body Flow-Rosie 4:30 Yogaflex*-Kathy	15 6:00 GentleYoga-Tray 9:15 YogaFlex*-Jay 10:45 Bodyflow-Ruth 12:15 GentleYoga-Clarissa 4:30 PilatesPlus-Rose 5:30 YogaFlex-Amy 6:45 BodyflowXP-Ruth	16 6am Yogaflex-Jay 9:30 PilatesPlus-Sophie 10:45 YogaFlex*-Hilari 4:30 Gentleflex-Jay 6:30 YogaFlex-Joy 7:45 Karate	17 9:30 GentleYoga-Tim 10:30 Body Flow-Rose 12:15 YogaFlex-Dana 5:30 Pilates-Laurie 6:45 Gentle Yoga-Traysi	18 9:30 Pilates-Rose 10:45 Yogaflex-Beth 4:30 Familyflow-Rosie 5:30 PilatesPlus-Annie 6:30 PowerYoga-Kathy 7:45-Xtream gentle Yoga-Clarissa	19 6:00 YogaFlex-Jay 9:30 PowerYoga*-Ann Marie 10:45 GentleYoga*-Ann Marie 4:30 YogaFlex-Tim 7:00 Karate	20 8:30 Bodyflow-Ruth 9:30 Pilates-Annie 10:30 Yogaflex*-Martha
21 8:00 GentleYoga-Laurie 9:30 GentleYoga*-Hilari 10:45 YogaFlex*-Jay 4:30 Yogaflex*-Kathy	22 6:00 GentleYoga-Tray 9:15 YogaFlex*-Tray 10:45 Bodyflow-Rose 12:15 GentleYoga-Clarissa 4:30 PilatesPlus-Rose 5:30 YogaFlex-Amy 6:45 BootcampXP-Joy 7:30 YogaFlex*-Kathy	23 6am Yogaflex-Traysi 9:30 PilatesPlus-Sophie 10:45 YogaFlex*-Hilari 4:30 Gentleflex-Traysi 6:30 YogaFlex-Amy 7:45 Karate	24 9:30 GentleYoga-Rosie 10:30 Body Flow-Rose 12:15 YogaFlex*-Tim 5:30 Pilates-Annie 6:45 Gentle Yoga-Kathy	25 9:30 Pilates-Sophie 10:45 Yogaflex-Traysi 4:30 Familyyoga-Laurie 5:30 PilatesPlus-Laurie 6:30 Yogaflex-Clarissa 7:45-Xtream gentle Yoga-Kathy	26 6:00 YogaFlex-Tray 9:30 PowerYoga*-Ann Marie 10:45 GentleYoga*-Ann Marie 4:30 YogaFlex-Hilari 7:00 Karate	27 9:30 Pilates-Sophie 10:30 PowerYoga*-Clarissa ☺11:45-Tai Kwon Do-Dan
28 8:00 GentleYoga-Tim 9:30 GentleYoga*-Clarissa 10:45 YogaFlex*-Rose 2:30 Body Flow-Ruth 4:30 Yogaflex*-Amy	29 6:00 GentleYoga-Tray 9:15 YogaFlex*-Traysi 10:45 Bodyflow-Ruth 12:15 GentleYoga-Clarissa 4:30 PilatesPlus-Rose 5:30 YogaFlex-Amy 6:45 BodyflowXP-Ruth 7:30 YogaFlex*-Kathy	30 6am Yogaflex-Traysi 9:30 PilatesPlus-Sophie 10:45 YogaFlex*-Clarissa 4:30 Gentleflex-Traysi 6:30 YogaFlex-Joy 7:45 Karate	31 9:30 GentleYoga-Beth 10:30 Body Flow-Rose 12:15 YogaFlex*-Dana 5:30 Pilates-Annie 6:45 Gentle Yoga-Maria			