

# Colonial Heights GroupX March 2010



www.amfamfit.com  
520-7000



Sun	mon	Tues	Wed	Thurs	Fri	Sat	
	<b>1</b> 6:00 BodyPump-Heather 9:15 Zumba+-Alicia 10:00 ABS30-Gayle 10:30 YogaFlex-Bill 12:00 BodyPump-Gayle  4:30 BodyCombat-Melanie 5:30 Zumba+-Valerie 6:15 BodyPump-Mike 7:00 Basic Step-Lyn	<b>2</b> 8:30 Seniorcize-Ellen 9:30 Basic Step-Gayle 10:30 BodyPump-Kristie 12:00 YogaFlex-Martha 1:00 Tai Chi for Arthritis+ 4:00 BodyPumpXP-Valerie 5:00 30/20/10-Mike 6:00 BodyJam-Annie 7:00 Yoga-Flex-Bill 8:00 Karate	<b>3</b> 6:00 BodyPump-Heather 8:00 YogaFlex-Jay 9:30 Pilates-John 10:30 Build&Burn-Michael&Gayle 11:30 ABS30-Kristie 12:00 BodyPump-Kristie  5:00 BodyCombat-Melanie 6:00 Zumba-Tracy 7:00 Pilates-Nijah 8:00 Line Dancing-Benita	<b>4</b> 8:30 Seniorcize-Ellen 9:30 BodyStep-Karen 10:30 BodyCombat-Kristin 12:00 YogaFlex-Martha  4:30 YogaFlex-Melissa 5:30 BodyStep-Heidi 6:30 BodyPump-Valerie 8:00 Karate	<b>5</b> 6:00 BodyPump-Heather 8:15 YogaFlex-Jay 9:30 Zumba-Alicia 10:30 BodyPump-Gayle  5:30 Zumba-Tracy	<b>6</b> 7:15 AdvStep-Melanie 8:15 BodyPump-Mike 9:30 Zumba-Alicia 10:30 ABS30-Alicia 11:00 YogaFlex-Bill	
<b>7</b> 11:30 BodyFlow-Ruth  12:30 CardioBoxing-Michael 2:00 Zumba-Lori 3:00 BodyPump-Becka	<b>8</b> 6:00 BodyPump-Heather 9:15 Zumba+-Alicia 10:00 ABS30-Gayle 10:30 YogaFlex-Bill 12:00 BodyPump-Gayle  4:30 BodyCombat-Melanie 5:30 Zumba+-Valerie 6:15 BodyPump-Mike 7:30 Basic Step-Shurelle	<b>9</b> 8:30 Seniorcize-Ellen 9:30 Basic Step-Lyn 10:30 BodyPump-Kristie 12:00 YogaFlex-Martha 1:00 Tai Chi for Arthritis+ 4:00 BodyPumpXP-Valerie 5:00 30/20/10-Mike 6:00 Belly Dancing-Alicia 7:00 Yoga-Flex-Bill 8:00 Karate	<b>10</b> 6:00 BodyPump-Heather 8:00 YogaFlex-Jay 9:30 Pilates-John 10:30 Build&Burn-Michael&Gayle 11:30 ABS30-Kristie 12:00 BodyPump-Kristie  5:00 BodyCombat-Melanie 6:00 Zumba-Alicia 7:00 Pilates-Nijah 8:00 Line Dancing-Benita	<b>11</b> 8:30 Seniorcize-Ellen 9:30 BodyStep-Karen 10:30 BodyCombat-Kristin 12:00 YogaFlex-Martha  4:30 YogaFlex-Melissa 5:30 BodyStep-Heidi 6:30 BodyPump-Mike 8:00 Karate	<b>12</b> 6:00 BodyPump-Heather 8:15 YogaFlex-Jay 9:30 Zumba-Alicia 10:30 BodyPump-Gayle  5:30 Zumba-Valerie	<b>13</b> 7:15 Adv.Step-Karen 8:15 BodyPump-Valerie 9:30 Zumba-Lori 10:30 ABS30-Lori 11:00 YogaFlex-Martha	
<b>14</b> 11:30 BodyFlow-Nijah 12:30 Cardioboxing-Michael 2:00 Zumba-Tracy 3:00 Body Pump-Kristie	<b>15</b> 6:00 BodyPump-Heather 9:15 Zumba+-Alicia 10:00 ABS30-Gayle 10:30 YogaFlex-Bill 12:00 BodyPump-Kristie  4:30 BodyCombat-Melanie 5:30 Zumba+-Alicia 6:15 BodyPump-Mike 7:30 Basic Step-Lyn	<b>16</b> 8:30 Seniorcize-Ellen 9:30 Basic Step-Karen 10:30 BodyPump-Kristie 12:00 YogaFlex-Martha 1:00 Tai Chi for Arthritis+ 4:00 BodyPumpXP-Gayle 5:00 30/20/10-Mike 6:00 BodyJam-Annie 7:00 YogaFlex-Bill 8:00 Karate	<b>17</b> 6:00 BodyPump-Heather 8:00 YogaFlex-Jay 9:30 Pilates-Maria 10:30 Build&Burn-Michael&Gayle 11:30 ABS30-Gayle 12:00 BodyPump-Gayle  5:00 BodyCombat-Melanie 6:00 Zumba-Tracy 7:00 Pilates-Nijah 8:00 Line Dancing-Benita	<b>18</b> 8:30 Seniorcize-Ellen 9:30 BodyStep-Karen 10:30 BodyCombat-Kristin 12:00 YogaFlex-Martha  4:30 YogaFlex-Melissa 5:30 BodyStep-Heidi 6:30 BodyPump-Valerie 8:00 Karate	<b>19</b> 6:00 BodyPump-Heather 8:15 YogaFlex-Jay 9:30 Zumba-Alicia 10:30 BodyPump-Gayle  5:30 Zumba-Tracy	<b>20</b> 7:15 AdvStep-Melanie 8:15 BodyPump-Mike 9:30 Zumba-Tracy 10:30 ABS30-Lori 11:00 YogaFlex-Martha	
<b>21</b> 11:30 BodyFlow-Ruth  12:30 Cardioboxing-Michael 2:00 Zumba-Valerie 3:00 BodyPump-Valerie	<b>22</b> 6:00 BodyPump-Heather 9:15 Zumba+-Alicia 10:00 ABS30-Gayle 10:30 YogaFlex-Bill 12:00 BodyPump-Gayle  4:30 BodyCombat-Melanie 5:30 Zumba+-Valerie 6:15 BodyPump-Mike 7:30 Basic Step-Karen	<b>23</b> 8:30 Seniorcize-Ellen 9:30 Basic Step-Lyn 10:30 BodyPump-Kristie 12:00 YogaFlex-Martha 1:00 Tai Chi for Arthritis+ 4:00 BodyPumpXP-Gayle 5:00 30/20/10-Mike 6:00 Belly Dancing-Alicia 7:00 YogaFlex-Bill 8:00 Karate	<b>24</b> 6:00 BodyPump-Heather 8:00 YogaFlex-Jay 9:30 Pilates-John 10:30 Build&Burn-Michael&Gayle 11:30 ABS30-Kristie 12:00 BodyPump-Kristie  5:00 BodyCombat-Melanie 6:00 Zumba-Tracy 7:00 Pilates-Nijah 8:00 Line Dancing-Benita	<b>25</b> 8:30 Seniorcize-Ellen 9:30 BodyStep-Karen 10:30 BodyCombat-Kristin 12:00 YogaFlex-Martha  4:30 YogaFlex-Melissa 5:30 BodyStep-Heidi 6:30 BodyPump-Mike 8:00 Karate	<b>26</b> 6:00 BodyPump-Heather 8:15 YogaFlex-Martha 9:30 Zumba-Alicia 10:30 BodyPump-Gayle  5:30 Zumba-Tracy	<b>27</b> 7:15 AdvStep-Karen 8:15 BodyPump-Valerie 9:30 Zumba-Alicia 10:30 ABS30-Alicia 11:00 YogaFlex-Lori	
<b>28</b> 11:30 BodyFlow-Nijah  12:30 Cardioboxing-Michael 2:00 Zumba-Lori 3:00 BodyPump-Kristie	<b>29</b> 6:00 BodyPump-Heather 9:15 Zumba+-Alicia 10:00 ABS30-Gayle 10:30 YogaFlex-Bill 12:00 BodyPump-Gayle  4:30 BodyCombat-Melanie 5:30 Zumba+-Alicia 6:15 BodyPump-Mike 7:30 Basic Step-Lyn	<b>30</b> 8:30 Seniorcize-Ellen 9:30 Basic Step-Karen 10:30 BodyPump-Kristie 12:00 YogaFlex-Martha 1:00 Tai Chi for Arthritis+ 4:00 BodyPumpXP-Gayle 5:00 30/20/10-Mike 6:00 BodyJam-Annie 7:00 YogaFlex-Bill 8:00 Karate	<b>31</b> 6:00 BodyPump-Heather 8:00 YogaFlex-Martha 9:30 Pilates-John 10:30 Build&Burn-Michael&Gayle 11:30 ABS30-Gayle 12:00 BodyPump-John  5:00 BodyCombat-Melanie 6:00 Zumba-Tracy 7:00 Pilates-Nijah 8:00 Line Dancing-Ben				