



Mechanicsville Group X Studio A March 2010



Sun	Mon	Tue	Wed	Thu	Fri	Sat
Crystal Smith GroupX Coordinator 569-1600 clsmith@amfamfit.com www.amfamfit.com	1 6:00 BootCamp-Ed 8:15 MC-Rebecca 9:15 BodyStep-Melissa 10:15 BodyPump-Melissa 4:30 BodyPumpXP-Jen 5:30 BodyStep-Stacie 6:30 BootCamp-Dion 7:30 Zumba-Nicki	2 8:15 Seniorize-Stacie 9:15 BG&M-Crystal 10:15 PilatesPlus-Carrie 12:15 BodyPumpXP-Stacie 4:30 BasicStep-Vangie 5:15 Abs30-John 5:45 BodyPump-John 7:00 LineDancing-Kemel	3 6:00 BootCamp-Ed 8:15 BasicStep-Vangie 9:15 BodyStep-Melissa 10:15 BodyPump-Melissa 4:30 BG&M-Crystal 5:30 BodyCombat-Patti 6:30 BootCamp-Dion 7:30 BodyJam-Cindy	4 8:15 Seniorize-Stacie 9:15 SCT-Melissa 10:15 BodyCombat-Penny 12:15 BodyPumpXP-Crystal 4:30 BodyStep-Jen 5:30 BasicStep-Vangie 6:30 BodyPumpChallenge-Patti 7:45 LineDancing-Kemel	5 6:00 SCT-Vangie 8:15 BodyPumpXP-Stacie 9:15 AdvStep-Melissa 10:15 MC-Melissa 4:30 BodyPump-Patti 6:00 BodyCombat-Patti	6 8:30 BodyStep-Deneen 9:30 BodyPump-Patti 11:00 AKB+
	7 10:30 ZumbaXP-Karla 11:15 Abs15-Karla 11:30 BasicStep-Karla 12:30 BodyPump-Patti 2:00 BodyCombat-Patti 3:00 BodyStep-Deneen	8 EXTRA CREDIT! 6:00 BootCamp-Ed 8:15 MC-Rebecca 9:15 BodyStep-John 10:15 BodyPump-Melissa 4:30 BodyPumpXP-Crystal 5:30 BodyStep-Deneen 6:30 BootCamp-Dion 7:30 Zumba-Nicki	9 8:15 Seniorize-Stacie 9:15 BG&M-Rebecca 10:15 PilatesPlus-Carrie 12:15 BodyPumpXP-Stacie 4:30 BasicStep-Vangie 5:15 Abs30-Patti 5:45 BodyPump-Patti 7:00 LineDancing-Kemel	10 6:00 BootCamp-Ed 8:15 30/20/10-Rebecca 9:15 BodyStep-Melissa 10:15 BodyPump-Crystal 4:30 BG&M-Jen 5:30 Zumba-Cindy 6:30 BootCamp-Dion 7:30 BodyJam-Michelle	11 8:15 Seniorize-Stacie 9:15 SCT-Crystal 10:15 BodyCombat-Penny 12:15 BodyPump Challenge-Leslie 4:30 BodyStep-Jen 5:30 SCT-Vangie 6:30 BodyPump-Patti 7:45 LineDancing-Kemel	12 6:00 BasicStep-Vangie 8:15 BodyPumpXP-Stacie 9:15 AdvStep-Melissa 10:15 MC-Melissa 4:30 BodyPump-Cindy 6:00 BodyCombat-Patti
14 10:30 ZumbaXP-Karla 11:15 Abs15-Karla 11:30 BasicStep-Karla 12:30 BodyPump-Geraldine 3:00 BodyStep-Deneen	15 6:00 BootCamp-Ed 8:15 MC-Stacie 9:15 BodyStep-Melissa 10:15 BodyPump-Melissa 4:30 BodyPumpXP-Jen 5:30 BodyStep-Stacie 6:30 BootCamp-Dion 7:30 Zumba-Nicki	16 8:15 Seniorize-Stacie 9:15 BG&M-Crystal 10:15 PilatesPlus-Carrie 12:15 BodyPumpXP-Geraldine 4:30 BasicStep-Crystal 5:15 Abs30-Crystal 5:45 BodyPump-Leslie 7:00 LineDancing-Kemel	 6:00 BootCamp-Ed 8:15 Basic Step-Vangie 9:15 BodyStep-Melissa 10:15 BodyPump-Melissa 4:30 BodyPumpFlowFusion Stacie&Michelle 5:30 BodyCombat-Penny 6:30 BootCamp-Dion 7:30 BodyJam-Cindy	18 8:15 Seniorize-Stacie 9:15 SCT-Melissa 10:15 BodyCombat-Penny 12:15 BodyPumpXP-Crystal 4:30 BodyStep-Deneen 5:30 BasicStep-Vangie 6:30 BodyPump-Cindy 7:45 LineDancing-Kemel	19 6:00 SCT-Vangie 8:15 BodyPumpXP-Stacie 9:15 AdvStep-Melissa 10:15 MC-Melissa 4:30 BodyPump-Patti 6:00 BodyCombat-Patti	20 EXTRA CREDIT! 8:30 BodyStep-Deneen 9:30 BodyPump-Patti 11:00 AKB+
21 10:30 ZumbaXP-Cindy 11:15 Abs15-Cindy 11:30 BasicStep-Crystal 12:30 BodyPump-Patti 2:00 BodyCombat-Patti 3:00 BodyStep-Deneen	22 6:00 BootCamp-Ed 8:15 MC-Michelle 9:15 BodyStep-Melissa 10:15 BodyPump-Melissa 4:30 BodyPumpXP-Jen 5:30 BodyStep-Deneen 6:30 BootCamp-Dion 7:30 Zumba-Nicki	23 EXTRA CREDIT! 8:15 Seniorize-Stacie 9:15 BG&M-Stacie 10:15 PilatesPlus-Carrie 12:15 BodyPumpXP-Crystal 4:30 BasicStep-Crystal 5:15 Abs30-Patti 5:45 BodyPumpChallenge-Patti 7:00 LineDancing-Kemel	24 6:00 BootCamp-Ed 8:15 30/20/10-Rebecca 9:15 BodyStep-Melissa 10:15 BodyPump-Crystal 4:30 BG&M-Jen 5:30 Zumba-Cindy 6:30 BootCamp-Dion 7:30 BodyJam-Michelle	25 8:15 Seniorize-Stacie 9:15 SCT-Crystal 10:15 BodyCombat-Penny 12:15 BodyPump Challenge-Leslie 4:30 BodyStep-Jen 5:30 SCT-Vangie 6:30 BodyPump-John 7:45 LineDancing-Kemel	26 6:00 BasicStep-Vangie 8:15 BodyPumpXP-Stacie 9:15 AdvStep-Melissa 10:15 MC-Melissa 4:30 BodyPump-Geraldine 6:00 BodyCombat-Penny	27 8:30 BodyStep-Melissa 9:30 BodyPump-Stacie 11:00 AKB+
28 10:30 ZumbaXP-Karla 11:15 Abs15-Karla 11:30 BasicStep-Karla 12:30 BodyPump-Geraldine 3:00 BodyStep-Deneen	29 6:00 BootCamp-Ed 8:15 MC-Rebecca 9:15 BodyStep-Melissa 10:15 BodyPump-Crystal&Melissa 4:30 BodyPumpXP-Jen 5:30 BodyStep-Stacie 6:30 BootCamp-Dion 7:30 Zumba-Nicki	30 8:15 Seniorize-Stacie 9:15 BG&M-Crystal 10:15 PilatesPlus-Carrie 12:15 BodyPumpXP-Stacie 4:30 BasicStep-Jen 5:15 Abs30-Crystal 5:45 BodyPump-Crystal 7:00 LineDancing-Kemel	31 6:00 BootCamp-Ed 8:15 BasicStep-Vangie 9:15 BodyStep-Melissa 10:15 BodyPump/FlowFusion* Michelle&Stacie 4:30 BG&M-Jen 5:30 BodyCombat-Patti 6:30 BootCamp-Dion 7:30 BodyJam-Cindy	ATTN: Class Act participants! EXTRA CREDIT days are here! Receive 2 class credits for the price of one class!     		