





Mechanicsville Group Cycling, Mind/Body & Strive

March 2010



Sun	Mon	Tue	Wed	Thu	Fri	Sat	
 <p>Crystal Smith GroupX Coordinator 569-1600 csmith@amfamfit.com www.amfamfit.com</p>	<p>1 7:00 Strive 9:15 Cycle45-Amy 9:15 GentleYoga-Holly 10:15 YogaFlexXP-Holly</p> <p>4:30 BodyFlow-Michelle 5:30 Cycle45-Patti 5:45 Runner'sClub-Ed 6:00 GentleYoga-Yaco 6:30 Strive-Patti- 7:00 BegYogaFlex- Yaco</p>	<p>2 6:00 Cycle45-Rebecca 9:15 BodyFlow-Carrie 9:15 CycleStrength*- Melissa 10:15 PilatesPlus(A)Carrie</p> <p>4:30 JrYoga-Heather 4:30 Cycle45-Leslie 5:00 Runner'sClub-Bud 6:00 YogaFlex-Holly 6:00 Cycle45-Patti 7:00 GentleYoga-Holly 8:00 MixedMartialArts</p>	<p>3 7:00 Strive 9:15 Cycle45-Vangie 10:15 YogaFlex-Holly 11:15 MixedMartialArts</p> <p>4:30 BegYogaFlex- Heather 5:45 Runner's Club-Ed 6:00 Pilates-Carrie 6:15 BegCycle-Michelle 7:00 Strive-Patti</p>	<p>4 6:00 Cycle45-Ed 9:15 Cycle45-Leslie 9:15 GentleYoga-Holly 10:15 Pilates-Carrie</p> <p>5:00 Runner'sClub-Bud 5:30 Cycle45-Patti 6:00 BodyFlow-Michelle 7:00 YogaFlex-Janell 8:00 MixedMartialArts</p>	<p>5 7:00 H2O Strive 6:00 Cycle-Ed 9:15 Cycle45-Michelle 9:15 YogaFlex-Holly 10:15 BodyFlow- Michelle</p>	<p>6 8:30 Cycle45-Patti 9:00 Runner'sClub-Ed 10:00 Cycle30-Ed 11:15 FamilyCycle- Rebecca (9yrs+w/adult)</p> <p>No Mind/Body Classes today due to Instructor Training</p>	
<p>7 2:00 BegCycle-Stacie</p>	<p>8 EXTRA CREDIT! 7:00 Strive 9:15 Cycle45-Rebecca 9:15 Gentle Yoga- Melissa 10:15 BodyFlow- Michelle</p> <p>4:30 BodyFlow-Carrie 5:30 Cycle45-Patti 5:45 Runner'sClub-Ed 6:00 GentleYoga-Yaco 6:30 Strive-Patti</p>	<p>9 6:00 Cycle45-Rebecca 8:30 BegPilates- Carrie 9:15 BodyFlow-Carrie 9:15 CycleStrength*- Melissa 10:15 PilatesPlus(A)Carrie</p> <p>4:30 JrYoga-Heather 4:30 Cycle45-Leslie 5:00 Runner'sClub-Bud 6:00 YogaFlex-Yaco 6:00 Cycle45-Stacie 7:00 GentleYoga-Yaco 8:00 MixedMartialArts</p>	<p>10 7:00 Strive 9:15 Cycle45-Rebecca 10:15 YogaFlexAdjustments Melissa&Holly 11:15 MixedMartialArts</p> <p>4:30 BegYogaFlex- Heather 4:30 CycleStrength* Melissa 5:45 Runner'sClub-Ed 6:00 Pilates-Carrie 6:15 BegCycle-Patti 7:00 Strive-Patti</p>	<p>11 6:00 Cycle45-Ed 9:15 Cycle45-Stacie 9:15 GentleWallYoga- Holly 10:15 Pilates-Carrie</p> <p>5:00 Runner'sClub-Bud 5:30 Cycle45-Patti 5:30 BodyFlowTech Carrie 6:00 BodyFlow-Carrie 7:00 Yoga Flex-Holly 8:00 Mixed Martial Arts</p>	<p>12 7:00 H2O Strive 6:00 Cycle45-Ed 9:15 Cycle45-Amy 9:15 Yoga Flex-Yaco 10:15 BodyFlow- Michelle</p>	<p>13 8:30 Cycle45-Patti 8:30 BodyFlow- Carrie 9:00 Runner'sClub-Ed 9:30 YogaFlex-Lauren 10:00 Cycle30-Ed 10:30 GentleYoga- Lauren 11:15 FamilyCycle- Rebecca (9yrs+w/adult)</p>	
<p>14 2:00 BegCycle-Rebecca</p>	<p>15 7:00 Strive 9:15 Cycle45-Amy 9:15 Gentle Yoga-Holly 10:15 YogaFlexXP- Yaco</p> <p>4:30 BodyFlow-Michelle 5:30 Cycle45-Patti 5:45 Runner'sClub-Ed 6:00 Gentle Yoga-Yaco 6:30 Strive-Patti 7:00 BegYogaFlex-Yaco</p>	<p>16 6:00 Cycle45-Rebecca 9:15 BodyFlow-Carrie 9:15 CycleStrength*- Melissa 10:15 PilatesPlus(A)-Carrie</p> <p>4:30 JrYoga-Heather 4:30 Cycle45-Stacie 5:00 Runner'sClub-Bud 6:00 YogaFlex-Holly 6:00 Cycle45-Patti 7:00 GentleWallYoga-Holly 8:00 MixedMartialArts</p>	<p>17  7:00 Strive 9:15 Cycle45-Vangie 10:15 PowerYoga-Holly 11:15 MixedMartialArts</p> <p>4:30 BegYogaFlex- Heather 5:45 Runner'sClub-Ed 6:00 Pilates-Carrie 6:15 BegCycle-Patti 7:00 Strive-Patti</p>	<p>18 6:00 Cycle45-Ed 9:15 Cycle45-Amy 9:15 Gentle Yoga-Holly 10:15 Pilates-Holly</p> <p>5:00 Runner'sClub-Bud 5:30 Cycle45-Patti 6:00 BodyFlow-Carrie 7:00 Yoga Flex-Yaco 8:00 Mixed Martial Arts</p>	<p>19 7:00 H2O Strive 6:00 Cycle45-Ed 9:15 Cycle45-Michelle 9:15 Yoga Flex-Holly 10:15 BodyFlow- Michelle</p>	<p>20 EXTRA CREDIT! 8:30 CycleStrength* Michelle 9:00 Runner'sClub-Ed 9:30 YogaFlex-Lauren 10:00 Cycle30-Ed 10:30 GentleYoga- Lauren 11:15 FamilyCycle- Stacie (9yrs+w/adult)</p>	
<p>21 2:00 BegCycle-Stacie</p>	<p>22 7:00 Strive 9:15 Cycle45-Michelle 9:15 GentleYoga-Holly 10:15 BodyFlow- Michelle</p> <p>4:30 BodyFlow-Carrie 5:30 Cycle45-Patti 5:45 Runner'sClub-Ed 6:00 GentleYoga-Yaco 6:30 Strive-Patti</p>	<p>23 EXTRA CREDIT! 6:00 Cycle45-Rebecca 8:30 BegPilates- Carrie 9:15 BodyFlow-Carrie 9:15 CycleStrength*- Melissa 10:15 PilatesPlus(A)-Carrie</p> <p>4:30 JrYoga-Heather 4:30 Cycle45-Rebecca 5:00 Runner'sClub-Bud 6:00 PowerYoga-Holly 6:00 Cycle45-John 7:00 GentleYoga-Holly 8:00 MixedMartialArts</p>	<p>24 7:00 Strive 9:15 Cycle45-Amy 10:15 YogaFlex-Melissa 11:15 MixedMartialArts</p> <p>4:30 BegYogaFlex- Heather 4:30 CycleStrength* Melissa 5:45 Runner'sClub-Ed 6:00 Pilates-Carrie 6:15 BegCycle-Rebecca 7:00 Strive-Ed</p>	<p>25 6:00 Cycle45-Ed 9:15 Cycle45-Leslie 9:15 GentleYoga-Holly 10:15 Pilates-Carrie</p> <p>5:00 Runner'sClub-Bud 5:30 Cycle45-Michelle 5:30 BodyFlowTech- Carrie 6:00 BodyFlow-Carrie 7:00 YogaFlex-Holly 8:00 MixedMartialArts</p>	<p>26 7:00 H2O Strive 6:00 Cycle45-Ed 9:15 Cycle45-Amy 9:15 YogaFlex-Yaco 10:15 BodyFlow- Michelle</p>	<p>27 8:30 Cycle45-Stacie 8:30 BodyFlow- Michelle 9:00 Runner'sClub-Ed 9:30 YogaFlex-Holly 10:00 Cycle30-Ed 10:30 GentleYoga-Holly 11:15 FamilyCycle- Rebecca (9yrs+w/adult)</p>	
<p>28 2:00 BegCycle-Rebecca</p>	<p>29 7:00 Strive 9:15 Cycle45-Amy 9:15 GentleWallYoga-Holly 10:15 YogaFlexXP-Yaco</p> <p>4:30 BodyFlow-Michelle 5:30 Cycle45-Patti 5:45 Runner'sClub-Ed 6:00 GentleYoga-Yaco 6:30 Strive-Patti 7:00 BegYogaFlex w/ Moon Salutations-Yaco</p>	<p>30 6:00 Cycle45-Rebecca 9:15 BodyFlow-Carrie 9:15 CycleStrength*- Melissa 10:15 PilatesPlus(A)Carrie</p> <p>4:30 JrYoga-Heather 4:30 Cycle45-Leslie 5:00 Runner'sClub-Bud 6:00 YogaFlex-Holly 6:00 Cycle45-Patti 7:00 GentleYoga-Holly 8:00 MixedMartialArts</p>	<p>31 7:00 Strive 9:15 Cycle45-Stacie 10:15 YogaFlex-Holly 11:15 MixedMartialArts</p> <p>4:30 BegYogaFlex- Heather 5:45 Runner'sClub-Ed 6:00 Pilates-Carrie 6:15 BegCycle-Michelle 7:00 Strive-Patti</p>	<p>ATTN: Class Act participants! EXTRA CREDIT days are here! Receive 2 class credits for the price of one class!</p>			