



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><b>INDOOR TRIATHLON</b></p> <p>2ND ANNUAL</p> <p>SATURDAY MARCH 20TH</p> <p>6 DIVISIONS</p> <p>SIGN UP AT FRONT DESK</p>	<p>1</p> <p>9:30 Adv, Step Tracie</p> <p>10:30 Abs 30 Tracie</p> <p>5:30 BodyPump Susan Mc.</p> <p>6:45 BodyCombat Susan Mc.</p> <p>7:45 Zumba Carlos</p>	<p>2</p> <p>5:30 BodyPump Sue</p> <p>9:30 BodyPump Trish</p> <p>10:45 Flaunt! (45 min class) Mel</p> <p>5:30 TBC Total (BodyPump) Conditioning Tracie</p> <p>6:30 Basic Step Susan Mc.</p> <p>7:30 Hip Hop Broadway</p>	<p>3</p> <p>9:30 Zumba! Mary &amp; Sacchia</p> <p>10:30 BodyCombat Teresa</p> <p>4:30 BodyPumpX Nikki (45 min)</p> <p>5:30 BodyStep William</p> <p>6:30 BodyJam Carmen</p> <p>7:30 Abs 30 Susan Mc.</p>	<p>4</p> <p>5:30 BodyPump Sue</p> <p>9:30 BodyPump Nikki</p> <p>10:45 BodyStepX (45 min class) Nikki</p> <p>5:30 BodyCombat Chrissie</p> <p>6:30 BodyPump Branden</p> <p>7:45 Hip Hop Broadway</p>	<p>5</p> <p>9:00 Abs 30</p> <p>9:30 Cross Training Tracie</p> <p>10:30 BodyJam Regina</p> <p>12:15 BodyPump Scott</p> <p>6:00 Breaking Hip Hop Broadway</p> <p>7:00 BodyCombat Friday Night Fight! Branden &amp; Teresa</p>	<p>6</p> <p>8:15 BodyStep Chrissie</p> <p>9:15 BodyPump Rob</p> <p>10:30 BodyCombat Ruth</p>
<p>7</p> <p>9:00 Abs 30 Dan</p> <p>1:00 BodyPump Technique Scott</p> <p>1:30 BodyPump Scott</p> <p>2:45 BodyJam Connie</p>	<p>8</p> <p>9:30 BodyStep Chrissie</p> <p>10:30 TBC Total (BodyPump) Conditioning Tracie</p> <p>5:30 BodyPump Susan Mc.</p> <p>6:45 BodyCombat Ruth</p> <p>7:45 Zumba Carlos</p>	<p>9</p> <p>5:30 BodyPump Sue</p> <p>9:30 BodyPump Chrissie</p> <p>10:45 Flaunt! (45 min class) Mel</p> <p>5:30 TBC Total (BodyPump) Conditioning Tracie</p> <p>6:30 Adv. Step Tracie</p> <p>7:30 HipHopBootcamp Broadway (90 m class)</p>	<p>10</p> <p>9:30 Zumba Mary</p> <p>10:30 BodyCombat Branden</p> <p>4:30 BodyPumpX Nikki (45 min)</p> <p>5:30 BodyStep William</p> <p>6:30 BodyJam Carmen</p> <p>7:30 Abs 30 Susan Mc.</p>	<p>11</p> <p>5:30 BodyPump Sue</p> <p>9:30 BodyPump Tracie</p> <p>10:45 BodyStepX (45 min class) Susan Nemes</p> <p>5:30 BodyCombat Chrissie</p> <p>6:30 BodyPump Branden</p> <p>7:45 Hip Hop Broadway</p>	<p>12</p> <p>9:00 Abs 30</p> <p>9:30 Cross Training Sue</p> <p>10:30 BodyJam Connie</p> <p>12:15 BodyPump Scott</p> <p>GIRLS NIGHT OUT!!</p> <p>6:30 FLIRTY FRIDAY! 45 min of ZUMBA 45 min of FLAUNT! Mel &amp; Sacchia</p> <p>Must be over 18 to attend</p>	<p>13</p> <p>8:15 BodyStep Nikki</p> <p>9:15 BodyPump Trish</p> <p>10:30 BodyCombat Chrissie</p> <p>11:30 Zumba Mel</p>
<p>14</p> <p>9:00 Abs 30 Liz</p> <p>1:30 BodyPump Nikki</p> <p>2:45 BodyJam Carmen</p>	<p>15</p> <p>9:30 BodyStep Chrissie</p> <p>10:30 Abs 30 Tracie</p> <p>5:30 BodyPump Susan Mc.</p> <p>6:45 BodyCombat Susan Mc.</p> <p>7:45 Zumba Carlos</p>	<p>16</p> <p>5:30 BodyPump Rob</p> <p>9:30 BodyPump Chrissie</p> <p>10:45 Flaunt! (45 min class) Mel</p> <p>5:30 TBC Total (BodyPump) Conditioning Tracie</p> <p>6:30 Basic Step Susan Mc.</p> <p>7:30 Hip Hop Broadway</p>	<p>17</p> <p>9:30 Zumba Mary</p> <p>10:30 BodyCombat Teresa</p> <p>4:30 BodyPumpX Tracie (45 min)</p> <p>5:30 BodyStep William</p> <p>6:30 BodyJam Carmen</p> <p>7:30 Abs 30 Susan Mc.</p>	<p>18</p> <p>5:30 BodyPump Sue</p> <p>9:30 BodyPump Nikki</p> <p>10:45 BodyStepX (45 m class) Nikki</p> <p>5:30 BodyCombat Chrissie</p> <p>6:30 BodyPump Branden</p> <p>7:45 Hip Hop Broadway</p>	<p>19</p> <p>9:00 Abs 30</p> <p>9:30 Cross Training Sue</p> <p>10:30 BodyJam Regina</p> <p>12:15 BodyPump Scott</p> <p>6:00 Breaking Hip Hop Broadway</p> <p>7:00 BodyCombat Friday Night Fight! Branden &amp; Teresa</p>	<p>20</p> <p>8:15 BodyStep Susan N.</p> <p>9:15 BodyPump Rob</p> <p>10:30 BodyCombat Rosalie</p> <p>11:30 Hip Hop Broadway</p>
<p>21</p> <p>9:00 Abs 30 Dan</p> <p>1:30 BodyPump Scott</p> <p>2:45 BodyJam Connie</p>	<p>22</p> <p>9:30 BodyStep Chrissie</p> <p>10:30 TBC Total (BodyPump) Conditioning Tracie</p> <p>5:30 BodyPump Susan Mc.</p> <p>6:45 BodyCombat Ruth</p> <p>7:45 Zumba Carlos</p>	<p>23</p> <p>5:30 BodyPump Sue</p> <p>9:30 BodyPump Chrissie</p> <p>10:45 Flaunt! (45 min class) MEL</p> <p>5:30 TBC Total (BodyPump) Conditioning Tracie</p> <p>6:30 Adv. Step Tracie</p> <p>7:30 Hip Hop Bootcamp Broadway (90 m class)</p>	<p>24</p> <p>9:30 Zumba Mary</p> <p>10:30 BodyCombat Karen</p> <p>4:30 BodyPumpX Tracie (45 min)</p> <p>5:30 BodyStep William</p> <p>6:30 BodyJam Carmen</p> <p>7:30 Abs 30 Susan Mc.</p>	<p>25</p> <p>5:30 BodyPump Sue</p> <p>9:30 BodyPump Trish</p> <p>10:45 BodyStepX (45 min class) Susan Nemes</p> <p>5:30 BodyCombat Chrissie</p> <p>6:30 BodyPump Chrissie</p> <p>7:45 Hip Hop Broadway</p>	<p>26</p> <p>9:00 Abs 30</p> <p>9:30 Cross Training Tracie</p> <p>10:30 Zumba Mel</p> <p>Kick off your weekend with Les Mills!</p> <p>7:00 <b>LES MILLS BODYJAM</b> Carmen~Connie~John</p> <p>Afterparty to follow at Chili's</p>	<p>27</p> <p></p> <p>Launch Weekend!</p> <p>8:15 <b>LES MILLS BODYPUMP</b> Tracie*Rob*Susan Mc</p> <p>9:30 <b>LES MILLS BODYSTEP</b> Chrissie*Nikki*Susan N.</p> <p>11:30 Zumba Sacchia</p>
<p>28</p> <p>9:00 ABS Plus LIZ</p> <p>1:15 <b>LES MILLS BODYPUMP</b> Nikki*Scott*Trish</p> <p>2:30 <b>LES MILLS BODYCOMBAT</b> Chrissie* SusanMc*Rosalie*</p> <p>3:45 <b>LES MILLS BODYFLOW</b> Chrissie*Kim*Teresa</p>	<p>29</p> <p>Les Mills Mania Monday!</p> <p>9:30 BodyPump</p> <p>10:15 BodyStep</p> <p>10:45 BodyJam</p> <p>11:15 BodyCombat</p> <p>11:45 BodyFlow</p> <p>5:30 BodyPump</p> <p>6:15 BodyStep</p> <p>6:45 BodyJam</p> <p>7:15 BodyCombat</p> <p>7:45 BodyFlow</p>	<p>30</p> <p>5:30 BodyPump Sue &amp; Scott</p> <p>9:30 BodyPump Chrissie &amp; Trish</p> <p>10:45 Flaunt! (45 min class) MEL</p> <p>5:30 TBC Total (BodyPump) Conditioning Tracie</p> <p>6:30 Adv. Step Tracie</p> <p>7:30 Hip Hop Broadway</p>	<p>31</p> <p>9:30 Zumba Mary</p> <p>10:30 BodyCombat Karen &amp; Teresa</p> <p>4:30 BodyPumpX Nikki &amp; Susan Nemes</p> <p>5:30 BodyStep William &amp; Susan Nemes</p> <p>6:30 BodyJam Connie &amp; John</p> <p>7:30 Abs 30 Susan Mc.</p>	<p></p> <p><b>AMERICAN FAMILY FITNESS</b> FIT AS YOU WANT TO BE</p> <p>(540) 898-6111</p> <p><a href="http://www.amfamfit.com">www.amfamfit.com</a></p>		
<p>In case of inclement weather, please call the club ahead of time to see if class will be held. It is our goal to teach the published schedule, however, classes and instructors are subject to change without notice. Thank you.</p>						