




Pick Up Your FREE Passport to Fitness
at the Front Desk!
Program runs thru May 15th!

Fredericksburg Mind/Body Studio

MARCH 2010

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at the Front Desk!
Program runs thru May 15th!

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
<p>INDEOR TRIATHLON</p> <p>2ND ANNUAL</p> <p>SATURDAY MARCH 20TH</p> <p>6 DIVISIONS</p> <p>SIGN UP</p>	<p>1</p> <p>9:30 Gentle Yoga DIANA 10:30 BODYFLOW GINNY</p> <p>5:30 Beginner Pitaiyo SUSIE 6:30 BODYFLOW TERESA</p>	<p>2</p> <p>5:30 Gentle Yoga MARY</p> <p>9:30 YogaFlex KIM 10:45 Pilates KIM</p> <p>6:30 Pitaiyo ALEX 7:45 Jujutsu DAVID LAMOND</p>	<p>3</p> <p>**Trial Class**</p> <p>5:30 Gentle Yoga MARY 9:30 BODYFLOW KIM 10:30 Gentle Yoga MARY</p> <p><i>No Evening Class In Mind/Body Studio</i></p>	<p>4</p> <p>9:30 Beg Pitaiyo SUSIE 10:30 Pilates MEL</p> <p>4:30 Gentle Yoga DIANA</p> <p>6:30 BODYFLOW TERESA</p>	<p>5</p> <p>9:30 Yoga Fusion SUE 10:30 YogaFlex MARY</p> <p>7:00 Jujutsu DAVID LAMOND</p>	<p>6</p> <p>9:15 Pitaiyo ALEX (90 m class)</p> <div style="text-align: center;">  </div>	
<p>7</p> <p>3:45 PITAIYO ALEX</p>	<p>8</p> <p>9:30 Gentle Yoga SUE 10:30 BODYFLOW CHRISSIE</p> <p>5:30 Beginner Pitaiyo SUSIE 6:30 BODYFLOW TERESA</p>	<p>9</p> <p>5:30 Gentle Yoga MARY</p> <p>9:30 YogaFlex KIM 10:45 Pilates KIM</p> <p>6:30 Pitaiyo ALEX 7:45 Jujutsu DAVID LAMOND</p>	<p>10</p> <p>9:30 BODYFLOW TERESA 10:30 Gentle Yoga MARY 11:45 Mommy & Me (30 m class) ALEX **Trial Class** 5:30 Gentle Yoga DIANA 6:45 Pilates MEL 7:45 FLAUNT! MEL</p>	<p>11</p> <p>9:30 Beg Pitaiyo NIKKI 10:30 Pilates NIKKI</p> <p>4:30 Gentle Yoga DIANA</p> <p>6:30 BODYFLOW TERESA</p>	<p>12</p> <p>9:30 Yoga Fusion SUE 10:30 YogaFlex MARY</p> <p>7:00 Jujutsu DAVID LAMOND</p>	<p>13</p> <p>9:15 YogaFlex SUE</p> <p><u>10:30 Family Yoga SUE</u></p>	
<p>14</p> <p>3:45 BODYFLOW GINNY</p> <div style="text-align: center;">  </div>	<p>15</p> <p>9:30 Gentle Yoga DIANA 10:30 BODYFLOW CHRISSIE</p> <p>5:30 Beginner Pitaiyo SUSIE 6:30 BODYFLOW TERESA</p>	<p>16</p> <p>5:30 Gentle Yoga MARY</p> <p>9:30 YogaFlex KIM 10:45 Pilates KIM</p> <p>6:30 Pitaiyo ALEX 7:45 Jujutsu DAVID LAMOND</p>	<p>17</p> <p>**Trial Class**</p> <p>5:30 Gentle Yoga MARY 9:30 BODYFLOW KIM 10:30 Gentle Yoga MARY</p> <p>6:45 Pilates MEL 7:45 FLAUNT! MEL</p>	<p>18</p> <p>9:30 Beg Pitaiyo SUSIE 10:30 Pilates MEL</p> <p>4:30 Gentle Yoga DIANA</p> <p>6:30 BODYFLOW TERESA</p>	<p>19</p> <p>9:30 Yoga Fusion SUE 10:30 YogaFlex MARY</p> <p>7:00 Jujutsu DAVID LAMOND</p>	<p>20</p> <p>9:15 Gentle Yoga DIANA</p> <p>10:30 Pre/Post Natal Yoga DIANA</p>	
<p>21</p> <p>3:45 Pitaiyo ALEX</p>	<p>22</p> <p>9:30 Gentle Yoga SUE 10:30 BODYFLOW CHRISSIE</p> <p>5:30 Beginner Pitaiyo SUSIE 6:30 BODYFLOW TERESA</p>	<p>23</p> <p>5:30 Gentle Yoga MARY</p> <p>9:30 YogaFlex KIM 10:45 Pilates KIM</p> <p>6:30 Pitaiyo ALEX 7:45 Jujutsu DAVID LAMOND</p>	<p>24</p> <p>9:30 BODYFLOW KIM 10:30 Gentle Yoga MARY 11:45 Mommy & Me (30 m class) ALEX **Trial Class** 5:30 Gentle Yoga DIANA 6:45 Pilates MEL 7:45 FLAUNT! MEL</p>	<p>25</p> <p>9:30 Beg Pitaiyo NIKKI 10:30 Pilates MEL</p> <p>4:30 Gentle Yoga DIANA</p> <p>6:30 BODYFLOW TERESA</p>	<p>26</p> <p>9:30 Yoga Fusion SUE 10:30 YogaFlex MARY</p> <p>7:00 Jujutsu DAVID LAMOND</p>	<p>27</p> <p>9:15 YogaFlex SUE</p> <p><u>10:30 Family Yoga SUE</u></p>	
<p>28</p> <p>Les Mills Launch Day! Check out the GX Studio Schedule for other Les Mills for- mats!</p> <p>3:45 BODYFLOW (IN GX STUDIO)</p>	<p>29</p> <p>9:30 Gentle Yoga SUE 11:45 BODYFLOW (in GX studio)</p> <p>5:30 Beginner Pitaiyo ALEX 7:45 BODYFLOW (in GX Studio)</p>	<p>30</p> <p>5:30 Gentle Yoga MARY</p> <p>9:30 YogaFlex KIM 10:45 Pilates KIM</p> <p>6:30 Pitaiyo ALEX 7:45 Jujutsu DAVID LAMOND</p>	<p>31</p> <p>**Trial Class**</p> <p>5:30 Gentle Yoga MARY 9:30 BODYFLOW TERESA & KIM 10:30 Gentle Yoga MARY</p> <p>6:45 Pilates MEL 7:45 FLAUNT! MEL</p>	<div style="text-align: center;">  <p>AMERICAN FAMILY FITNESS FIT AS YOU WANT TO BE</p> <p style="color: red;">(540) 898-6111</p> <p style="color: red;">www.amfamfit.com</p> </div> <p style="font-size: small; text-align: center;">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>			