

# West End Activities March 2010



\*denotes 75 minute class  
*Beginner friendly class*  
 Family friendly class (ages 9 & older)



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<div style="border: 2px solid black; padding: 5px;">                     Contact Us:                      804-364-1200                      AmFamFit.com                      KGrimes@amfamfit.com                 </div>	<b>1</b> 7:00 Running Ayse 9:30 <i>Abs15 Kristy</i> 10:00 <i>Healthy Steps Talia</i> 11:00 <i>Senior Stretch Shelle</i> 5:30 <u>Get Moving</u> <i>Ashley</i> 6:30 <i>Abs30 Joe</i>	<b>2</b> 5:45 FT Murat 9:30 <u>Get Moving</u> <i>Ashley</i> 4:30-7:30 Karate 7:30 <u>Basic Step Tara</u>	<b>3</b> 5:30 Running Murat 7:00 Running Ayse 9:00 <i>Buts, Guts &amp; More Kimmy</i> 5:30 <u>Get Moving</u> <i>Ashley</i> 6:30 <i>Abs30 Joe</i> <b>7:00 Be Nourished</b>	<b>4</b> 5:45 FT Murat 8:15 <i>Buts, Guts &amp; More Susan</i> 9:30 <u>Get Moving</u> <i>Ashley</i> 4:30-7:30 Karate	<b>5</b> 5:30 Running Murat 7:00 Running Ayse	<b>6</b> 7-9 Running at SPMS Murat 9:15 Kids Boot Camp Naveed
	<b>7</b>	<b>8</b> 7:00 Running Ayse 9:30 <i>Abs15 Kristy</i> 10:00 <i>Healthy Steps Talia</i> 11:00 <i>Senior Stretch Shelle</i> 5:30 <u>Get Moving</u> <i>Ashley</i> 6:30 <i>Abs30 Joe</i>	<b>9</b> 5:45 FT Murat 9:30 <u>Get Moving</u> <i>Ashley</i> 4:30-7:30 Karate 7:30 <u>Basic Step Diane</u>	<b>10</b> 5:30 Running Murat 7:00 Running Ayse 9:00 <i>Buts, Guts &amp; More Kimmy</i> 5:30 <u>Get Moving</u> <i>Ashley</i> 6:30 <i>Abs30 Joe</i> <b>7:00 Be Nourished</b>	<b>11</b> 5:45 FT Murat 8:15 <i>Buts, Guts &amp; More Ashley</i> 9:30 <u>Get Moving</u> <i>Ashley</i> 4:30-7:30 Karate	<b>12</b> 5:30 Running Murat 7:00 Running Ayse
<b>14</b>	<b>15</b> 7:00 Running Ayse 9:30 <i>Abs15 Kristy</i> 10:00 <i>Healthy Steps Susan</i> 11:00 <i>Senior Stretch Shelle</i> 5:30 <u>Get Moving</u> <i>Ashley</i> 6:30 <i>Abs30 Joe</i>	<b>16</b> 5:45 FT Murat 9:30 <u>Get Moving</u> <i>Ashley</i> 4:30-7:30 Karate 7:30 <u>Basic Step Tara</u>	<b>17</b> 5:30 Running Murat 7:00 Running Ayse 9:00 <i>Buts, Guts &amp; More Kimmy</i> 5:30 <u>Get Moving</u> <i>Ashley</i> 6:30 <i>Abs30 Joe</i> <b>7:00 Be Nourished</b>	<b>18</b> 5:45 FT Murat 8:15 <i>Buts, Guts &amp; More Susan</i> 9:30 <u>Get Moving</u> <i>Ashley</i> 4:30-7:30 Karate	<b>19</b> 5:30 Running Murat 7:00 Running Ayse	<b>20</b> 7-9 Running at SPMS Murat 9:15 Kids Boot Camp Naveed  <b>10:00 Kids Yoga Heather</b>
<b>21</b>	<b>22</b> 7:00 Running Ayse 9:30 <i>Abs15 Kristy</i> 10:00 <i>Healthy Steps Talia</i> 11:00 <i>Senior Stretch Shelle</i> 5:30 <u>Get Moving</u> <i>Ashley</i> 6:30 <i>Abs30 Joe</i>	<b>23</b> 5:45 FT Murat 9:30 <u>Get Moving</u> <i>Ashley</i> 4:30-7:30 Karate 7:30 <u>Basic Step Tara</u>	<b>24</b> 5:30 Running Murat 7:00 Running Ayse 9:00 <i>Buts, Guts &amp; More Kimmy</i> 5:30 <u>Get Moving</u> <i>Ashley</i> 6:30 <i>Abs30 Joe</i> <b>7:00 Be Nourished</b>	<b>25</b> 5:45 FT Murat 8:15 <i>Buts, Guts &amp; More Susan</i> 9:30 <u>Get Moving</u> <i>Ashley</i> 4:30-7:30 Karate	<b>26</b> 5:30 Running Murat 7:00 Running Ayse	<b>27</b> 7-9 Running at SPMS Murat 9:15 Kids Boot Camp Naveed
<b>28</b>	<b>29</b> 7:00 Running Ayse 9:30 <i>Abs15 Kristy</i> 10:00 <i>Healthy Steps Talia</i> 11:00 <i>Senior Stretch Shelle</i> 5:30 <u>Get Moving</u> <i>Ashley</i> 6:30 <i>Abs30 Joe</i>	<b>30</b> 5:45 FT Murat 9:30 <u>Get Moving</u> <i>Ashley</i> 4:30-7:30 Karate 7:30 <u>Basic Step Diane</u>	<b>31</b> 5:30 Running Murat 7:00 Running Ayse 9:00 <i>Buts, Guts &amp; More Kimmy</i> 5:30 <u>Get Moving</u> <i>Ashley</i> 6:30 <i>Abs30 Joe</i> <b>7:00 Be Nourished</b>	<b>Running Club Meets:</b> At the front desk <b>M,W,F 7am</b> At the front desk Friday and Wednesday <b>5:30am</b> At Short Pump Middle School Track Saturday mornings.		