


West End Mind Body March 2010



Sun Mon Tue Wed Thu Fri Sat



<p>7 9:45 Cycle/Zen Ashley 11:15 Yoga Flex Kathi 12:30 Pilates Tech Carrie 1:00 Pilates Carrie 4:00 Beg Yoga Heather 5:00 Yoga Flex Heather</p>	<p>1 5:45 Yoga Flex Dee 8:15 Pilates Paula 9:30* Yoga Flex Kathi 11:00 Body Flow Dee <u>4:15 Yoga Flex Heather</u> 5:30+ Heated Vinyasa Challie 7:00* Yin Yoga Challie</p>	<p>2 5:45 Pilates Angela 8:15* Power Yoga Shelle 9:30 Body Flow Kristy <i>11:00 Beg Yoga Kathi</i> 12:15 Yoga Flex Challie 5:30 Pilates Kim H 7:00 Body Flow Carrie</p>	<p>3 8:15 Pilates Kim H 9:30* Yoga Flex Jennifer <i>11:00 Beg Yoga Kim W</i> 12:15 Pilates Diane <i>5:30 Beg Yoga Kathi</i> 7:00* Yoga Flex Lisa K</p>	<p>4 5:45 Yoga Flex Dee 8:15* Cycle/Zen Lisa 9:30* Yogalates Kim 11:00 Beg Yoga Shelle 12:15 Body Flow Kristy <u>4:15 Yoga Flex Dee</u> 5:30 Body Flow Emilie 7:00 Pilates Diane</p>	<p>5 5:45 Pilates Angela 8:15 Yin Yoga Jennifer 9:30+ Power Yoga Kim 11:00 Beg Yoga Kim 12:15 Yoga Flex Kim 5:30 Beg Yoga Jay 7:00* Power Yoga Jay</p>	<p>6 8:00* Yoga Flex Challie 9:15 Pilates Diane 10:30 Body Flow Emilie 1:00 Junior Pilates Diane</p>
<p>7 9:45 Cycle/Zen Ashley 11:15 Yoga Flex Kathi 12:30 Pilates Tech Carrie 1:00 Pilates Carrie 4:00 Beg Yoga Heather 5:00 Yoga Flex Heather</p>	<p>8 5:45 Body Flow Dee 8:15 Pilates Diane 9:30* Yoga Flex Kim 11:00 Body Flow Dee <u>4:15 Yoga Flex Heather</u> 5:30+ Heated Vinyasa Challie 7:00* Yin Yoga Challie</p>	<p>9 5:45 Pilates Angela 8:15* Power Yoga Shelle 9:30 Body Flow Kristy <i>11:00 Beg Yoga Kathi</i> 12:15 Yoga Flex Challie 5:30 Pilates Diane 7:00 Body Flow Kristy</p>	<p>10 8:15 Pilates Paula 9:30* Yoga Flex Jennifer <i>11:00 Beg Yoga Deanne</i> 12:15 Pilates Diane <i>5:30 Beg Yoga Shelle</i> 7:00* Yoga Flex Lisa K</p>	<p>11 5:45 Yoga Flex Deanne 8:15* Cycle/Zen Lisa 9:30* Yogalates Kim 11:00 BegYoga Shelle 12:15 Body Flow Kristy <u>4:15 Yoga Flex Dee</u> 5:30 Body Flow Emilie 7:00 Pilates Diane</p>	<p>12 5:45 Pilates Angela 8:15 Yin Yoga Jennifer 9:30+ Power Yoga Kim 11:00 BegYoga Challie 12:15 Yoga Flex Challie 5:30 Beg Yoga Jay 7:00* Power Yoga Jay</p>	<p>13 8:00* Yoga Flex Deanne 9:15 Pilates Paula 10:30 Body Flow Emilie 1:00 Junior Pilates Diane</p>
<p>14 9:45 Cycle/Zen Ashley 11:15 Yoga Flex Ashley 12:30 Pilates Tech Diane 1:00 Pilates Diane 4:00 Beg Yoga Heather 5:00 Body Flow Carrie</p>	<p>15 5:45 Yoga Flex Dee 8:15 Pilates Paula 9:30* Yoga Flex Kim 11:00 Body Flow Dee <u>4:15 Yoga Flex Heather</u> 5:30+ Heated Vinyasa Challie 7:00* Yin Yoga Challie</p>	<p>16 5:45 Pilates Angela 8:15* Power Yoga Shelle 9:30 Body Flow Kristy <i>11:00 Beg Yoga Kathi</i> 12:15 Yoga Flex Challie 5:30 Pilates Kim H 7:00 Body Flow Carrie</p>	<p>17 8:15 Pilates Kim H 9:30* Yoga Flex Jennifer <i>11:00 Beg Yoga Deanne</i> 12:15 Pilates Diane <i>5:30 Beg Yoga Kathi</i> 7:00* Yoga Flex Lisa K</p>	<p>18 5:45 Yoga Flex Deanne 8:15* Cycle/Zen Lisa 9:30* Yogalates Kim 11:00 Beg Yoga Shelle 12:15 Body Flow Kristy <u>4:15 Yoga Flex Dee</u> 5:30 Body Flow Emilie 7:00 Pilates Diane</p>	<p>19 5:45 Pilates Angela 8:15 Yin Yoga Jennifer 9:30+ Power Yoga Kim 11:00 Beg YogaChallie 12:15 Yoga Flex Challie 5:30 Beg Yoga Jay 7:00* Power Yoga Jay</p>	<p>Work Our for Haiti Day 8:00Heated Vinyasa/Restorative Challie & Kim 9:45 Yin Yoga Shelle 11:00 Body Flow Emilie 1:00 Junior Pilates Diane 2:00 Yoga That Rocks Kathi</p>
<p>21 9:45 Cycle/Zen Kim W 11:15 Yoga Flex Kathi 12:30 Pilates Tech Carrie 1:00 Pilates Carrie 4:00 Beg Yoga Challie 5:00 Yoga Flex Challie</p>	<p>22 5:45 Body Flow Dee 8:15 Pilates Diane 9:30* Yoga Flex Kim 11:00 Body Flow Dee <u>4:15 Yoga Flex Heather</u> 5:30+ Heated Vinyasa Challie 7:00* Yin Yoga Challie</p>	<p>23 5:45 Pilates Angela 8:15* Power Yoga Shelle 9:30 Body Flow Kristy <i>11:00 Beg Yoga Kathi</i> 12:15 Yoga Flex Challie 5:30 Pilates Kim H 7:00 Body Flow Kristy</p>	<p>24 8:15 Pilates Paula 9:30* Yoga Flex Jennifer <i>11:00 Beg Yoga Deanne</i> 12:15 Pilates Diane <i>5:30 Beg Yoga Kathi</i> 7:00* Yoga Flex Lisa K</p>	<p>25 5:45 Yoga Flex Deanne 8:15* Cycle/Zen Lisa 9:30* Yogalates Kim 11:00 Beg Yoga Shelle 12:15 Body Flow Kristy <u>4:15 Yoga Flex Dee</u> 5:30 Body Flow Emilie 7:00 Pilates Diane</p>	<p>26 5:45 Pilates Angela 8:15 Yin Yoga Jennifer 9:30+ Power Yoga Kim 11:00 Beg YogaChallie 12:15 Yoga Flex Challie 5:30 Beg Yoga Shelle 7:00* Power Yoga Shelle</p>	<p>27 8:00* Yoga Flex Kathi 9:15 Pilates Diane 10:30 Body Flow Emilie 1:00 Junior Pilates Diane</p>
<p>28 9:45 Cycle/Zen Ashley 11:15 Yoga Flex Kathi 12:30 Pilates Tech Diane 1:00 Pilates Diane 4:00 Beg Yoga Dee 5:00 Body Flow Dee</p>	<p>29 5:45 Yoga Flex Dee 8:15 Pilates Paula 9:30* Yoga Flex Kim 11:00 Body Flow Dee <u>4:15 Yoga Flex Heather</u> 5:30+ Heated Vinyasa Kim W 7:00* Yin Yoga Kim W</p>	<p>30 5:45 Pilates Angela 8:15* Power Yoga Shelle 9:30 Body Flow Kristy <i>11:00 Beg Yoga Kathi</i> 12:15 Yoga Flex Challie 5:30 Pilates Kim H 7:00 Body Flow Kristy</p>	<p>31 8:15 Pilates Paula 9:30* Yoga Flex Jennifer <i>11:00 Beg Yoga Deanne</i> 12:15 Pilates Diane <i>5:30 Beg Yoga Kathi</i> 7:00* Yoga Flex Lisa K</p>	<div style="text-align: center;">  <p>AMERICAN FAMILY FITNESS FIT AS YOU WANT TO BE</p> </div> <div style="border: 2px solid black; padding: 5px; margin-top: 10px;"> <p>*denotes 75 minute class +denotes 90 minute class <i>Beginner friendly class</i> Family friendly class (ages 9 & older)</p> </div> <div style="border: 1px solid black; padding: 5px; margin-top: 10px; text-align: right;"> <p>Contact Us: 804-3641200 AmFamFit.com KGrimes@amfamfit.</p> </div>		