


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

Fredericksburg Cycle Studio

MARCH 2010

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>INDOOR TRIATHLON</p> <p>2ND ANNUAL</p> <p>SATURDAY MARCH 20TH</p> <p>6 DIVISIONS</p> <p>SIGN UP AT FRONT DESK</p>	<p>1 5:30 Cycle45 JOSH</p> <p>9:30 Cycle45 KATE</p> <p>4:30 Cycle45 MACEY</p> <p>6:45 Cycle30 PATE</p>	<p>2 8:45 Cycle30 TRACIE</p> <p>12:15 Cycle30 KATE</p> <p><u>5:45 Fam/Beg Cycle (30 min ride)</u> <u>MACEY</u></p> <p>7:30 Cycle45 PATE</p>	<p>3 5:30 Cycle45 JOSH</p> <p>9:30 Cycle45 MACEY</p> <p>5:45 Cycle30 PATE</p> <p>6:30 Cycle45 SUSAN MC.</p>	<p>4 8:45 Cycle30 BRANDEN</p> <p>4:30 Cycle45 LIZ</p> <p>5:45 Cycle45 SUSAN NEMES</p> <p><u>7:30 Fam/Beg Cycle (30 min ride)</u> <u>SUSAN MC.</u></p>	<p>5 5:30 Cycle45 GEORGE</p> <p>9:30 Cycle60 KATE</p> <p>6:30 Cycle45 LIZ</p>	<p>6 8:15 Cycle45 ROB</p> <p><u>9:15 Fam/Beg Cycle (30 min ride)</u> <u>GEORGE</u></p>
CYCLE XP is now CYCLE 30; same great class, just a new name!						
<p>7 9:30 CYCLE60 DAN</p> <p>2:45 Cycle45 GEORGE</p>	<p>8 5:30 Cycle45 GEORGE</p> <p>9:30 Cycle45 KATE</p> <p>4:30 Cycle45 MACEY</p> <p>6:45 Cycle30 SUSAN MC.</p>	<p>9 8:45 Cycle30 KATE</p> <p>12:15 Cycle30 STARR</p> <p><u>5:45 Fam/Beg Cycle (30 min ride)</u> <u>PATE</u></p> <p>7:30 Cycle45 PATE</p>	<p>10 5:30 Cycle45 GEORGE</p> <p>9:30 Cycle45 MACEY</p> <p>5:45 Cycle30 PATE</p> <p>6:30 Cycle45 SUSAN MC.</p>	<p>11 8:45 Cycle30 BRANDEN</p> <p>4:30 Cycle45 LIZ</p> <p>5:45 Cycle45 KAREN</p> <p><u>7:30 Fam/Beg Cycle (30 min ride)</u> <u>SUSAN MC.</u></p>	<p>12 5:30 Cycle45 GEORGE</p> <p>9:30 Cycle60 KATE</p> <p>6:30 Cycle45 LIZ</p>	<p>13 8:15 Cycle45 ROB</p> <p>10:00 Spin & Fin (30 m ride, 30 m swim) STEPHANIE</p>
<p>14 9:30 Cycle60 LIZ</p> <p><u>1:45 Fam/Beg Cycle (30 min ride)</u> <u>MACEY</u></p> <p>2:45 Cycle45 MACEY</p>	<p>15 5:30 Cycle45 NICOLE</p> <p>9:30 Cycle45 KATE</p> <p>4:30 Cycle45 MACEY</p> <p>6:45 Cycle30 PATE</p>	<p>16 8:45 Cycle30 TRACIE</p> <p>12:15 Cycle30 STARR</p> <p><u>5:45 Fam/Beg Cycle (30 min ride)</u> <u>MACEY</u></p> <p>7:30 Cycle45 PATE</p>	<p>17 5:30 Cycle45 ROB</p> <p>9:30 Cycle45 MACEY</p> <p>5:45 Cycle30 PATE</p> <p>6:30 Cycle45 SUSAN MC.</p>	<p>18 8:45 Cycle30 BRANDEN</p> <p>4:30 Cycle45 LIZ</p> <p>5:45 Cycle45 SUSAN NEMES</p> <p><u>7:30 Fam/Beg Cycle (30 min ride)</u> <u>SUSAN MC.</u></p>	<p>19 5:30 Cycle45 NICOLE</p> <p>9:30 Cycle60 BRANDEN</p> <p>6:30 ENDURANCE CYCLE ROB 2 HR CLASS</p>	<p>20 2nd Annual INDOOR TRIATHLON</p> <p>7:00am Arrive 15 minutes Before your scheduled Start time!</p> <p>Sign up at the Front Desk!</p> <p><i>No Cycle Classes Today</i></p>
<p>21 9:30 Cycle60 DAN</p> <p>2:45 Cycle45 GEORGE</p>	<p>22 5:30 Cycle45 NICOLE</p> <p>9:30 Cycle45 TRACIE</p> <p>4:30 Cycle45 MACEY</p> <p>6:45 Cycle30 SUSAN MC.</p>	<p>23 8:45 Cycle30 TRACIE</p> <p>12:15 Cycle30 STARR</p> <p><u>5:45 Fam/Beg Cycle (30 min ride)</u> <u>PATE</u></p> <p>7:30 Cycle30 PATE</p>	<p>24 5:30 Cycle45 JOSH</p> <p>9:30 Cycle45 MACEY</p> <p>5:45 Cycle30 PATE</p> <p>6:30 Cycle45 SUSAN MC.</p>	<p>25 8:45 Cycle30 TRACIE</p> <p>4:30 Cycle45 LIZ</p> <p>5:45 Cycle45 KAREN</p> <p><u>7:30 Fam/Beg Cycle (30 min ride)</u> <u>SUSAN MC.</u></p>	<p>26 5:30 Cycle45 ROSALIE</p> <p>9:30 Cycle90 KATE</p> <p>6:30 Cycle45 ROB</p>	<p>27 8:15 Cycle45 ROSALIE</p> <p>10:00 Spin & Fin (30 m ride, 30 m swim) STEPHANIE</p>
<p>28 9:30 Cycle60 LIZ</p> <p><u>1:45 Fam/Beg Cycle (30 min ride)</u> <u>MACEY</u></p> <p>2:45 Cycle45 MACEY</p>	<p>29 5:30 Cycle45 NICOLE</p> <p>9:30 Cycle45 KATE</p> <p>4:30 Cycle45 MACEY</p> <p>6:45 Cycle30 SUSAN MC.</p>	<p>30 8:45 Cycle30 TRACIE</p> <p>12:15 Cycle30 STARR</p> <p><u>5:45 Fam/Beg Cycle (30 min ride)</u> <u>PATE</u></p> <p>7:30 Cycle45 PATE</p>	<p>31 5:30 Cycle45 NICOLE</p> <p>9:30 Cycle45 MACEY</p> <p>5:45 Cycle30 PATE</p> <p>6:30 Cycle45 SUSAN MC.</p>	 <p>AMERICAN FAMILY FITNESS FIT AS YOU WANT TO BE</p> <p>(540) 898-6111 www.amfamfit.com</p> <p><i>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.</i></p>		