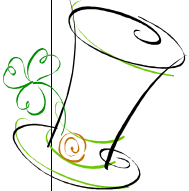

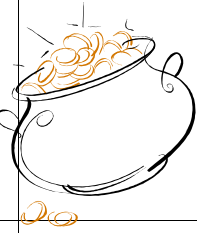
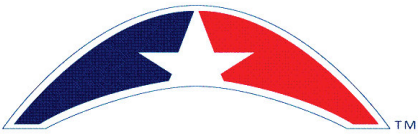




# Water Fitness

## West End March 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
<p><i>Check out our new addition to water fitness on</i> <b>THURSDAY</b> <i>MARCH 4th at 7:30pm!</i></p>	<p><b>1</b> <b>8:15 Free to Move</b> Janet <b>9:30 Splash Out</b> Michelle <b>12:00 Hydrotrain</b> Rebekah <b>6:00 Splashout</b> Michelle <b>7:00 Water Walking</b> Janet</p>	<p><b>2</b> 8:15 Fit Swim Brett 9:30 Deep H<sub>2</sub>O Michelle 10:30 Challenge Ashley <b>5:00 JR Water Sports</b> Cameron/Kastel <b>6:30 PowerHour</b> Cameron</p>	<p><b>3</b> <b>9:30 Splash Out</b> Michelle <b>6:00 Splash Out</b> Dione <b>7:00 Finning</b> Dione</p>	<p><b>4</b> <b>8:15 Finning</b> Grace 9:30 Deep H<sub>2</sub>O Diane 10:30 Cardio Circuit Ashley <b>5:00 JR Pool Olympics</b> Cameron 6:30 H<sub>2</sub>O Bootcamp Dione <b>7:30 Ai Chi Janet</b></p>	<p><b>5</b> <b>8:30 Waterwalking</b> Janet <b>9:30 Splash Out</b> Dione <b>5:00 Finning ☺</b> Cameron</p> 	<p><b>6</b> <b>8:30 Splash Out</b> Natalie <b>9:30 Finning</b> Natalie</p>	
<p><b>7</b> <b>10:30 Splash Out</b> Grace <b>11:30 Finning</b> Grace <b>4:00 Aqua Energy</b> Cameron</p> 	<p><b>8</b> <b>8:15 Free to Move</b> Janet <b>9:30 Splash Out</b> Michelle <b>12:00 Hydrotrain</b> Rebekah <b>6:00 Splashout☺</b> Brittney <b>7:00 Back Hab</b> Janet</p>	<p><b>9</b> 8:15 Fit Swim Brett 9:30 Deep H<sub>2</sub>O Michelle 10:30 Challenge Ashley <b>5:00 JR Water Sports</b> Cameron/Michael 6:30 Aqua Energy Cameron</p>	<p><b>10</b> <b>9:30 Splash Out</b> Michelle <b>6:00 Splash Out ☺</b> Dione <b>7:00 Finning</b> Dione</p>	<p><b>11</b> <b>8:15 Finning</b> Grace 9:30 Deep H<sub>2</sub>O Diane 10:30 Cardio Circuit Ashley <b>5:00 JR Pool Olympics</b> Kastel 6:30 H<sub>2</sub>O Bootcamp Dione</p>	<p><b>12</b> <b>8:30 Back Hab</b> Janet <b>9:30 Splash Out</b> Dione <b>5:00 Finning</b> Brittney</p>	<p><b>13</b> <b>8:30 Splash Out</b> Natalie <b>9:30 Finning</b> Natalie</p>	
<p><b>14</b> <b>10:30 Splash Out</b> Natalie <b>11:30 Finning</b> Natalie  ☺ <b>Indicate a family friendly class (ages 9+)</b></p>	<p><b>15</b> <b>8:15 Back Hab</b> Janet <b>9:30 Splash Out</b> Michelle <b>12:00 Hydrotrain</b> Rebekah <b>6:00 Splashout</b> Michelle <b>7:00 Poolates</b> Janet</p>	<p><b>16</b> 8:15 Fit Swim Brett 9:30 Deep H<sub>2</sub>O Michelle 10:30 Challenge Ashley <b>5:00 JR Water Sports</b> Kastel <b>6:30 PowerHour</b> Brittney</p>	<p><b>17</b> <b>9:30 Splash Out</b> Michelle <b>6:00 Splash Out</b> Dione <b>7:00 Finning</b> Dione  Happy St. Patrick's Day!</p>	<p><b>18</b> <b>8:15 Finning</b> Grace 9:30 Deep H<sub>2</sub>O Diane 10:30 Cardio Circuit Ashley <b>5:00 JR Pool Olympics</b> Erin 6:30 H<sub>2</sub>O Bootcamp Dione <b>7:30 Free to Move</b> Dione</p>	<p><b>19</b> <b>8:30 Free to Move</b> Dione <b>9:30 Splash Out</b> Dione <b>5:00 Finning ☺</b> Cameron</p>	<p><b>20</b> <b>8:30 Splash Out</b> Natalie <b>9:30 Finning</b> Natalie</p> 	
<p><b>21</b> <b>10:30 Splash Out</b> Grace <b>11:30 Finning</b> Grace <b>4:00 Aqua Energy</b> Cameron</p>	<p><b>22</b> <b>8:15 Back Hab</b> Janet <b>9:30 Splash Out</b> Michelle <b>12:00 Hydrotrain</b> Rebekah <b>6:00 Splashout☺</b> Brittney <b>7:00 Free to Move</b> Janet</p>	<p><b>23</b> 8:15 Fit Swim Brett 9:30 Deep H<sub>2</sub>O Michelle 10:30 Challenge Ashley <b>5:00 JR Water Sports</b> Cameron 6:30 Aqua Energy Cameron</p>	<p><b>24</b> <b>9:30 Splash Out</b> Michelle <b>6:00 Splash Out ☺</b> Dione <b>7:00 Finning</b> Dione</p>	<p><b>25</b> <b>8:15 Finning</b> Grace 9:30 Deep H<sub>2</sub>O Diane 10:30 Cardio Circuit Ashley <b>5:00 JR Pool Olympics</b> Cameron 6:30 H<sub>2</sub>O Bootcamp Dione</p>	<p><b>26</b> <b>8:30 Poolates</b> Janet <b>9:30 Splash Out</b> Dione <b>5:00 Finning</b> Cameron</p>	<p><b>27</b> <b>8:30 Splash Out</b> Natalie <b>9:30 Finning</b> Natalie</p>	
<p><b>28</b> <b>10:30 Splash Out</b> Grace <b>11:30 Finning</b> Grace</p>	<p><b>29</b> <b>8:15 Free to Move</b> Janet <b>9:30 Splash Out</b> Michelle <b>12:00 Hydrotrain</b> Rebekah <b>6:00 Splashout</b> Michelle <b>7:00 Poolates</b> Janet</p>	<p><b>30</b> 8:15 Fit Swim Brett 9:30 Deep H<sub>2</sub>O Michelle 10:30 Challenge Ashley <b>5:00 JR Water Sports</b> Cameron <b>6:30 PowerHour</b> Brittney</p>	<p><b>31</b> <b>9:30 Splash Out</b> Michelle <b>6:00 Splash Out</b> Dione <b>7:00 Finning</b> Dione</p>	<div style="border: 2px solid black; padding: 10px; text-align: center;"> <p><b>Contact Us:</b> <b>804.364.1200</b> <b>amfamfit.com</b> <b>bpopelier@amfamfit.com</b></p> </div>			
				 <p><b>AMERICAN FAMILY FITNESS</b> FIT AS YOU WANT TO BE</p>			