



Northside Cycle March 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>804-261-1000</p> <p>www.amfamfit.com</p>	<p>1 5:45 Cycle- Rebecca</p> <p>12:10 Cycle- Deanna</p> <p>5:30 Cycle- Amy</p> <p>6:30 CycleXP- Robin</p>	<p>2 9:15 Cycle- Michelle</p> <p>6:30 Cycle- Damon</p>	<p>3 5:45 Cycle- Rebecca</p> <p>12:10 Cycle- Kate</p> <p>6:00 Cycle- Kristin</p>	<p>4 8:30 CycleXP- Deanna</p> <p>6:30 Cycle- Damon</p>	<p>5 5:45 Cycle*- Rob</p> <p>12:10 Cycle- Rachael</p>	<p>6 8:00 Cycle- Amy</p> 
<p>7 1:30 CycleXP- Alex</p>	<p>8 5:45 Cycle- Rebecca</p> <p>12:10 Cycle- Deanna</p> <p>5:30 Cycle- Amanda</p> <p>6:30 CycleXP- Damon</p>	<p>9 9:15 Cycle- Michelle</p> <p>6:30 Cycle- Rachael</p>	<p>10 5:45 Cycle- Rebecca</p> <p>12:10 Cycle- Kate</p> <p>6:00 Cycle- Amy</p>	<p>11 8:30 CycleXP- Kristin</p> <p>6:30 Cycle- Damon</p>	<p>12 5:45 Cycle*- Rob</p> <p>12:10 Cycle- Rachael</p>	<p>13 8:00 Cycle- Michelle</p>
<p>14 1:30 CycleXP- Robin</p> 	<p>15 5:45 Cycle- Robin</p> <p>12:10 Cycle- Deanna</p> <p>5:30 Cycle- Amy</p> <p>6:30 CycleXP- Amanda</p>	<p>16 9:15 Cycle- Michelle</p> <p>6:30 Cycle- Robin</p>	<p>17 5:45 Cycle- Rebecca</p> <p>12:10 Cycle- Kate</p> <p>6:00 Cycle- Kristin</p> 	<p>18 8:30 CycleXP- Deanna</p> <p>6:30 Cycle- Damon</p>	<p>19 5:45 Cycle*- Rebecca</p> <p>12:10 Cycle- Rachael</p>	<p>20 8:00 Cycle- Amy</p> 
<p>21 1:30 CycleXP- Alex</p>	<p>22 5:45 Cycle- Rebecca</p> <p>12:10 Cycle- Deanna</p> <p>5:30 Cycle- Amanda</p> <p>6:30 CycleXP- Robin</p>	<p>23 9:15 Cycle- Michelle</p> <p>6:30 Cycle- Rachael</p>	<p>24 5:45 Cycle- Robin</p> <p>12:10 Cycle- Kate</p> <p>6:00 Cycle- Amy</p>	<p>25 8:30 CycleXP- Kristin</p> <p>6:30 Cycle- Damon</p>	<p>26 5:45 Cycle*- Rebecca</p> <p>12:10 Cycle- Rachael</p>	<p>27 8:00 Cycle- Damon</p> <div style="border: 2px solid blue; padding: 5px;"> <p>Barbi Dunn Group Fitness Coordinator bdunn @ amfamfit.com</p> </div>
<p>28 1:30 CycleXP- Michelle</p> 	<p>29 5:45 Cycle- Rebecca</p> <p>12:10 Cycle- Deanna</p> <p>5:30 Cycle- Amy</p> <p>6:30 CycleXP- Kristin</p>	<p>30 9:15 Cycle- Michelle</p> <p>6:30 Cycle- Damon</p>	<p>31 5:45 Cycle- Rebecca</p> <p>12:10 Cycle- Kate</p> <p>6:00 Cycle- Kristin</p>	<p>-Remember to sign up (up to) 24 hours in advance.</p> <p>-All <u>Cycle</u> classes are 60 minutes start to finish. Friday <u>Cycle*</u> classes are 75 minutes. <u>CycleXP</u> classes are 45 minutes.</p> <p>-If you are new to cycling, please arrive 5 minutes early for assistance setting up your bike.</p> <p>-No one will be permitted to enter a class more than 5 minutes late.</p> <p>-Remember to bring water and a towel.</p>		