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| Sun | Mon | Tue | Wed | Thu | Fri | Sat | |
|--|--|---|---|---|---|---|--|
| <p>804-261-1000</p> <p>www.amfamfit.com</p>  | <p>1</p> <p>5:45 YogaFlex-Candy 9:15 BodyPump-Richard&Robin 10:15 BodyFlow-Carrie 5:15* BegAKB-Fonz&Sue 6:30 BodyPumpXP-Mary 7:30 LineDance-Kemel 8:45 Karate-Al</p> | <p>2</p> <p>5:45 BodyPump-Rebecca 9:15 BGM-Alex </p> <p>12:10 YogaFlex-Jay 5:15 BodyStep-William 6:15 BC*-Amy&Wade 7:30 BasicStep-Karla</p> | <p>3</p> <p>9:15 Zumba-Alex 10:15 Pilates-Carrie</p> <p>12:10 BodyFlow-Janell 5:30 AKB+-Fonz&Rama 7:00 YogaFlex*-Jay</p>  | <p>4</p> <p>5:45 BodyStep-Sallie</p> <p>9:15 BodyPump-Alex&Richard 10:30 AKB+-Fonz</p> <p>12:10 YogaFlex-Janell 5:15 BodyPump-William 6:30 Bootcamp-Wade 7:30 BellyDance-Trish</p> | <p>5</p> <p>5:45 YogaFlex-Barbara 9:15 YogaFlex-Janell</p> <p>12:10 BodyPump-Alex&Richard 5:15 AKB+-Fonz&Rama</p> | <p>6</p> <p>8:00 YogaFlex-Candy 9:00 BodyPump-Erin 10:15 AdvStep-Karla 11:15 AbSolution-Karla 11:30 Zumba-Alex</p>  | |
| <p>7</p>  <p>9:30 AB+-Fonz&Rama</p> <p>1:15 BodyCombat-Tammy&Jessica 2:15 BodyPump-Beth 3:30 BodyStep-Erin 4:30 YogaFlex*-Janell</p> | <p>8</p> <p>5:45 YogaFlex-Candy 9:15 BodyPump-Richard&Robin 10:15 BodyFlow-Carrie 5:15* BegAKB-Fonz&Sue 6:30 BodyPumpXP-Robin 7:30 LineDance-Kemel 8:45 Karate-Al</p>  | <p>9</p> <p>5:45 BodyPump-Sallie 9:15 BGM-Kristin </p> <p>12:10 YogaFlex-Jay 5:15 BodyStep-John 6:15 BC*-Amy&Wade 7:30 BasicStep-Alex</p>  | <p>10</p> <p>9:15 BodyJam-Michelle 10:15 Pilates-Carrie</p> <p>12:10 BodyFlow-Janell 5:30 AKB+-Fonz&Rama 7:00 YogaFlex*-Jay</p>  | <p>11</p> <p>5:45 BodyStep-Sallie</p> <p>9:15 BodyPump-Alex 10:30 AKB+-Fonz</p> <p>12:10 YogaFlex-Janell 5:15 BodyPump-William 6:30 Bootcamp-Wade 7:30 BellyDance-Trish</p>  | <p>12</p> <p>5:45 YogaFlex-Barbara 9:15 YogaFlex-Janell</p> <p>12:10 BodyPump-Alex 5:15 AKB+-Fonz&Rama</p>  | <p>13</p> <p>8:00 YogaFlex-Candy 9:00 BodyPump-Beth 10:15 AdvStep-Karla 11:15 AbSolution-Karla 11:30 BodyCombat-Jessica&Richard</p> | |
| <p>14</p>  <p>9:30 AB+-Fonz&Rama</p> <p>1:15 BodyCombat-Richard&Tammy 2:15 BodyPump-Richard 3:30 BodyStep-Sallie 4:30 YogaFlex*-Janell</p> | <p>15</p> <p>5:45 YogaFlex-Candy 9:15 BodyPump-Robin 10:15 BodyFlow-Carrie 5:15* BegAKB-Fonz&Sue 6:30 BodyPumpXP-Mary 7:30 LineDance-Kemel 8:45 Karate-Al</p> | <p>16</p> <p>5:45 BodyPump-Rebecca 9:15 BGM-Alex </p> <p>12:10 YogaFlex-Jay 5:15 BodyStep-John 6:15 BC*-Amy&Wade 7:30 BasicStep-Alex</p> | <p>17</p> <p>9:15 BodyJam-Michelle 10:15 Pilates-Carrie</p> <p>12:10 BodyFlow-Janell 5:30 AKB+-Fonz&Rama 7:00 YogaFlex*-Jay</p>  | <p>18</p> <p>5:45 BodyStep-Sallie</p> <p>9:15 BodyPump-Alex 10:30 AKB+-Fonz</p> <p>12:10 YogaFlex-Janell 5:15 BodyPump-Robin 6:30 Bootcamp-Wade 7:30 BellyDance-Trish</p> | <p>19</p> <p>5:45 YogaFlex-Barbara 9:15 YogaFlex-Janell</p> <p>12:10 BodyPump-Richard&Geraldine 5:15 AKB+-Fonz&Rama</p> | <p>20</p> <p>8:00 YogaFlex-Janell 9:00 BodyPump-Robin 10:15 AdvStep-Karla 11:15 AbSolution-Karla 11:30 Zumba-Karla</p> | |
| <p>21</p>  <p>9:30 AB+-Fonz&Rama</p> <p>1:15 BodyCombat-Richard&Jessica 2:15 BodyPump-Erin 3:30 BodyStep-Sallie 4:30 YogaFlex*-Janell</p> | <p>22</p> <p>5:45 YogaFlex-Candy 9:15 BodyPump-Robin 10:15 BodyFlow-Carrie 5:15* BegAKB-Fonz&Sue 6:30 BodyPumpXP-Mary 7:30 LineDance-Kemel 8:45 Karate-Al</p> | <p>23</p> <p>5:45 BodyPump-Sallie 9:15 BGM-Kristin </p> <p>12:10 YogaFlex-Jay 5:15 BodyStep-William 6:15 BC*-Amy&Wade 7:30 BasicStep-Karla</p> | <p>24</p> <p>9:15 BodyJam-Michelle 10:15 Pilates-Carrie</p> <p>12:10 BodyFlow-Janell 5:30 AKB+-Fonz&Rama 7:00 YogaFlex*-Jay</p> | <p>25</p> <p>5:45 BodyStep-Sallie</p> <p>9:15 BodyPump-Alex 10:30 AKB+-Fonz</p> <p>12:10 YogaFlex-Janell 5:15 BodyPump-William 6:30 Bootcamp-Wade 7:30 BellyDance-Trish</p>  | <p>26</p> <p>5:45 YogaFlex-Barbara 9:15 YogaFlex-Janell</p> <p>12:10 BodyPump-Alex 5:15 AKB+-Fonz&Rama</p> | <p>27</p> <p>8:00 YogaFlex-Janell 9:00 BodyPump-Rebecca 10:15 AdvStep-Karla 11:15 AbSolution-Karla 11:30 BodyJam-Erin&Jessica</p> | |
| <p>28</p>  <p>9:30 AB+-Fonz&Rama</p> <p>1:15 BodyCombat-Richard&Jessica 2:15 BodyPump-Robin 3:30 BodyStep-William 4:30 YogaFlex*-Janell</p> | <p>29</p> <p>5:45 YogaFlex-Candy 9:15 BodyPump-Robin 10:15 BodyFlow-Carrie 5:15* BegAKB-Fonz&Sue 6:30 BodyPumpXP-Mary 7:30 LineDance-Kemel 8:45 Karate-Al</p> | <p>30</p> <p>5:45 BodyPump-Rebecca 9:15 BGM-Alex </p> <p>12:10 YogaFlex-Janell 5:15 BodyStep-John 6:15 BC*-Amy&Wade 7:30 BasicStep-Karla</p> | <p>31</p> <p>9:15 Zumba-Alex 10:15 Pilates-Carrie</p> <p>12:10 BodyFlow-Janell 5:30 AKB+-Fonz&Rama 7:00 YogaFlex*-Sallie</p> | <p>Barbi Dunn Group Fitness Coordinator bdunn@amfamfit.com</p> <ul style="list-style-type: none"> Check out our new classes this month: Butts, Guts & More (BGM) and Americanized Boxing (AB) Gear up for our next Les Mills launch coming in April | | | |