



Are you new to  
Group x?  
Here's where  
to Get Started..



March 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
	<b>1</b> <b>9:00 Basic Strive</b> <b>9:30 Absolution</b> <b>10:00 Healthy Steps</b> <b>11:00 Senior Stretch</b> <b>5:30 Get Moving</b>	<b>2</b> <b>9:30 Get Moving</b> <b>11:00 Beginning Yoga</b> <i>4:00 zumbaxp</i> <i>5:00 Abs Plus</i> <b>7:30 Basic Step</b>	<b>3</b> <b>9:15 Splash Out</b> <b>9:00Butts, Gutts and more</b> <b>11:00 Beginning Yoga</b> <b>5:30 Get Moving</b> <b>7:00 Finning</b>	<b>4</b> <b>8:15 Butts, Gutts and more</b> <b>9:30Get Moving</b> <i>10:45 Basic Step</i> <b>11:00 Beginning Yoga</b> <i>5:00 Abs Plus</i>	<b>5</b> <b>8:30 Free to Move</b>  <b>11:00 Beginning Yoga</b>  <b>5:00 Cycle 45</b>	<b>6</b> <b>8:30 Splash Out</b> <b>9:30 Finning</b> <b>10:45 Get Moving Cycle</b>	
	<b>7</b> <b>10:30 Splash Out</b> <b>12:30 Pilates Tech</b>  <b>4:00 Beginning Yoga</b> <b>6:00* Line Dancing</b>	<b>8</b> <b>9:00 Basic Strive</b> <b>9:30 Absolution</b> <b>10:00 Healthy Steps</b> <b>11:00 Senior Stretch</b> <b>5:30 Get Moving</b>	<b>9</b> <b>9:30 Get Moving</b> <b>11:00 Beginning Yoga</b> <i>4:00 zumba</i> <i>5:00 Abs Plus</i> <b>7:30 Basic Step</b>	<b>10</b> <b>9:15 Splash Out</b> <b>9:00Butts, Gutts and more</b> <b>11:00 Beginning Yoga</b> <b>5:30 Get Moving</b> <b>7:00 Finning</b>	<b>11</b> <b>8:15 Butts, Gutts and more</b> <b>9:30Get Moving</b> <i>10:45 Basic Step</i> <b>11:00 Beginning Yoga</b> <i>5:00 Abs Plus</i>	<b>12</b> <b>8:30 Free to Move</b>  <b>11:00 Beginning Yoga</b>  <b>5:00 Cycle 45</b>	<b>13</b> <b>8:30 Splash Out</b> <b>9:30 Finning</b> <b>10:45 Get Moving Cycle</b>
<b>14</b> <b>10:30 Splash Out</b> <b>12:30 Pilates Tech</b>  <b>4:00 Beginning Yoga</b> <b>6:00* Line Dancing</b>	<b>15</b> <b>9:00 Basic Strive</b> <b>9:30 Absolution</b> <b>10:00 Healthy Steps</b> <b>11:00 Senior Stretch</b> <b>5:30 Get Moving</b>	<b>16</b> <b>9:30 Get Moving</b> <b>11:00 Beginning Yoga</b> <i>4:00 zumba</i> <i>5:00 Abs Plus</i> <b>7:30 Basic Step</b>	<b>17</b> <b>9:15 Splash Out</b> <b>9:00Butts, Gutts and more</b> <b>11:00 Beginning Yoga</b> <b>5:30 Get Moving</b> <b>7:00 Finning</b>  	<b>18</b> <b>8:15 Butts, Gutts and more</b> <b>9:30Get Moving</b> <i>10:45 Basic Step</i> <b>11:00 Beginning Yoga</b> <i>5:00 Abs Plus</i>	<b>19</b> <b>8:30 Free to Move</b>  <b>11:00 Beginning Yoga</b>  <b>5:00 Cycle 45</b>	<b>20</b> <b>8:30 Splash Out</b> <b>9:30 Finning</b>  Work out for Haiti checkout our various class options:) Lets lend a helping hand.	
<b>21</b> <b>10:30 Splash Out</b> <b>12:30 Pilates Tech</b>  <b>4:00 Beginning Yoga</b> <b>6:00* Line Dancing</b>	<b>22</b> <b>9:00 Basic Strive</b> <b>9:30 Absolution</b> <b>10:00 Healthy Steps</b> <b>11:00 Senior Stretch</b> <b>5:30 Get Moving</b>	<b>23</b> <b>9:30 Get Moving</b> <b>11:00 Beginning Yoga</b> <i>4:00 zumbaxp</i> <i>5:00 Abs Plus</i> <b>7:30 Basic Step</b>	<b>24</b> <b>9:15 Splash Out</b> <b>9:00Butts, Gutts and more</b> <b>11:00 Beginning Yoga</b> <b>5:30 Get Moving</b> <b>7:00 Finning</b>	<b>25</b> <b>8:15 Butts, Gutts and more</b> <b>9:30Get Moving</b> <i>10:45 Basic Step</i> <b>11:00 Beginning Yoga</b> <i>5:00 Abs Plus</i>	<b>26</b> <b>8:30 Free to Move</b>  <b>11:00 Beginning Yoga</b>  <b>5:00 Cycle 45</b>	<b>27</b> <b>8:30 Splash Out</b> <b>9:30 Finning</b> <b>10:45 Get Moving Cycle</b>	
<b>28</b> <b>10:30 Splash Out</b> <b>12:30 Pilates Tech</b>  <b>4:00 Beginning Yoga</b> <b>6:00* Line Dancing</b>	<b>29</b> <b>9:00 Basic Strive</b> <b>9:30 Absolution</b> <b>10:00 Healthy Steps</b> <b>11:00 Senior Stretch</b> <b>5:30 Get Moving</b>	<b>30</b> <b>9:30 Get Moving</b> <b>11:00 Beginning Yoga</b> <i>4:00 BODYJAMxp</i> <i>5:00 Abs Plus</i> <b>7:30 Basic Step</b>	<b>31</b> <b>9:15 Splash Out</b> <b>9:00Butts, Gutts and more</b> <b>11:00 Beginning Yoga</b> <b>5:30 Get Moving</b> <b>7:00 Finning</b>	<div style="border: 2px solid black; padding: 10px; width: fit-content; margin: auto;"> <p><i>Contact us</i>  <b><a href="mailto:Agibbs@amfamfit.com">Agibbs@amfamfit.com</a></b>  <i>with any questions or help                      you may need:)</i></p> </div>			

## MARCH 2010 GETTING STARTED CLASS DESCRIPTIONS



**Any Questions contact Ashley Gibbs.... [AGibbs@amfamfit.com](mailto:AGibbs@amfamfit.com)**

**Body Jam:** The cardio workout where you are free to enjoy the sensation of dance! Funky instructors teach you to move with attitude! *All fitness levels*

**Body Flow:** The Yoga, Tai Chi and Pilates workout that builds flexibility and strength and leaves you feeling centered and calm. *All Fitness Levels.*

**Get Moving:** Are you new to Group X and don't know where to start? This class gets you moving and having fun while introducing you to Lo Impact or Step if offered in the Group X Studio or Cycling if offered in the Cycling Studio. Get off on the right foot...literally! 45 minutes *All Fitness Levels.*

**Beginning/Gentle Yoga:** Enjoy the relaxing benefits of yoga while increasing strength & flexibility. Less vigorous than other yoga workouts. Great for Beginners or Special Populations (Seniors, Pregnant or Postpartum Mothers, etc.) *All Fitness Levels*

**Basic Step:** Designed for beginners or those desiring a less intense, less complex workout. Choreography is basic; no power moves - low impact. It will energize & challenge the body

**Zumba:** Dance your way to a fitter you! An aerobic work out using exciting and unique Latin moves and rhythms. Also incorporates dance moves from other cultures including Belly Dancing and Hula. *All Fitness Levels*

**Splash Out:** Challenge yourself as the instructor leads you through their choice of workout! (Many times this includes a workout with many of your favorite instructors together!)

**Abs Plus:** 30-minutes of core (abs/back) training plus additional muscle conditioning of the instructor's choice. Stretching included! *All fitness levels*

**Basic Strive:** The class will consist of a detailed explanation of the class and instruction on the proper use, set up and form needed for each piece of equipment. The class will include stretching, abdominal exercises, and strength-training exercises with equipment other weight machine.

**Butts, Gutts, and More:** Total body workout targets larger muscle groups with a special focus on glutes, hamstrings, and more.

**Line Dancing:** Get Busy While you Walk it Out! Crank Dat Booty Call! Step In the Name of Love while you Cupid Shuffle! Pop, Lock & Drop your ChaCha Slide! You'll be just fine as you dance your way to fitness. *All Fitness Levels.*