

# STRIVE

# March 2010



| Sun  | Mon   | Tue   | Wed   | Thu   | Fri   | Sat   |
|--|---|---|---|---|---|---|
|                   | <b>1</b><br>9:00 Intermediate Brandon<br>7:00 JR. STRIVE Andrew<br>8:00 Basic Andrew              | <b>2</b><br>10:00 Intermediate Brandon<br>11:00 Fit over Fifty Kim<br>5:00 Family Friendly Rebekah<br>6:00 Body Beat-down Joe<br>7:00 JR. STRIVE Jackson  | <b>3</b><br>9:00 Intermediate Brandon<br>6:00 Advanced Beni<br>7:00 JR. STRIVE Andrew   | <b>4</b><br>10:00 Intermediate Brandon<br>11:00 Fit over Fifty Emma<br><b>5:15-6:00 Butts, Gutts and More Kim</b><br>6:00 Body Beat-down Joe<br>7:00 JR. STRIVE Jackson         | <b>5</b><br>9:30 Warrior Ashley/Kim<br>6:30 Intermediate Dione  | <b>6</b><br><b>9:00 Cardio Abs Ashley</b><br>10:30 Intermediate Jacob |
|  | <b>7</b><br>10:30 Mommy Muscle Rebekah<br>2:45 JR STRIVE Andrew<br>4:00 Strive Orientation Andrew | <b>8</b><br>9:00 Intermediate Brandon<br>7:00 JR. STRIVE Andrew<br>8:00 Basic Andrew  | <b>9</b><br>10:00 Intermediate Brandon<br>11:00 Fit over Fifty Kim<br>5:00 Family Friendly Rebekah<br>6:00 Body Beat-down Joe<br>7:00 JR. STRIVE Jackson                      | <b>10</b><br>9:00 Intermediate Brandon<br>6:00 Advanced Beni<br>7:00 JR. STRIVE Andrew  | <b>11</b><br>10:00 Intermediate Brandon<br>11:00 Fit over Fifty Emma<br><b>5:15-6:00 Butts, Gutts and More Kim/Ashley</b><br>6:00 Body Beat-down Joe<br>7:00 JR. STRIVE Jackson | <b>12</b><br>9:30 Warrior Ashley<br>6:30 Intermediate Dione           |
| <b>14</b><br>10:30 Mommy Muscle Rebekah<br>2:45 JR STRIVE Andrew<br>4:00 Strive Orientation Andrew | <b>15</b><br>9:00 Intermediate Brandon<br>7:00 JR. STRIVE Andrew<br>8:00 Basic Andrew             | <b>16</b><br>10:00 Intermediate Brandon<br>11:00 Fit over Fifty Kim<br>5:00 Family Friendly Rebekah<br>6:00 Body Beat-down Joe<br>7:00 JR. STRIVE Jackson | <b>17</b><br>9:00 Intermediate Brandon<br>6:00 Advanced Beni<br>7:00 JR. STRIVE Andrew<br> | <b>18</b><br>10:00 Intermediate Brandon<br>11:00 Fit over Fifty Emma<br><b>5:15-6:00 Butts, Gutts and More Kim</b><br>6:00 Body Beat-down Joe<br>7:00 JR. STRIVE Jackson        | <b>19</b><br>9:30 Warrior Kim<br>6:30 Intermediate Dione  | <b>20</b><br><b>9:00 Cardio Abs Joe</b><br>10:30 Intermediate Jacob   |
| <b>21</b><br>10:30 Mommy Muscle Rebekah<br>2:45 JR STRIVE Andrew<br>4:00 Strive Orientation Andrew | <b>22</b><br>9:00 Intermediate Brandon<br>7:00 JR. STRIVE Andrew<br>8:00 Basic Andrew             | <b>23</b><br>10:00 Intermediate Brandon<br>11:00 Fit over Fifty Kim<br>5:00 Family Friendly Rebekah<br>6:00 Body Beat-down Joe<br>7:00 JR. STRIVE Jackson | <b>24</b><br>9:00 Intermediate Brandon<br>6:00 Advanced Beni<br>7:00 JR. STRIVE Andrew  | <b>25</b><br>10:00 Intermediate Brandon<br>11:00 Fit over Fifty Emma<br><b>5:15-6:00 Butts, Gutts and More Kim/Ashley</b><br>6:00 Body Beat-down Joe<br>7:00 JR. STRIVE Jackson | <b>26</b><br>9:30 Warrior Ashley<br>6:30 Intermediate Dione   | <b>27</b><br><b>9:00 Cardio Abs Joe</b><br>10:30 Intermediate Jacob   |
| <b>28</b><br>10:30 Mommy Muscle Rebekah<br>2:45 JR STRIVE Andrew<br>4:00 Strive Orientation Andrew | <b>29</b><br>9:00 Intermediate Brandon<br>7:00 JR. STRIVE Andrew<br>8:00 Basic Andrew             | <b>30</b><br>10:00 Intermediate Brandon<br>11:00 Fit over Fifty Kim<br>5:00 Family Friendly Rebekah<br>6:00 Body Beat-down Joe<br>7:00 JR. STRIVE Jackson | <b>31</b><br>9:00 Intermediate Brandon<br>6:00 Advanced Beni<br>7:00 JR. STRIVE Andrew  | <br><b>AMERICAN FAMILY FITNESS</b><br>FIT AS YOU WANT TO BE                                 |   |   |

# STRIVE:

**Any Questions contact AGibbs@amfamfit.com**

**Basic Strive-** This class is designed for the person who is unfamiliar with the equipment. Classes consist of instruction on the proper use, set up and form needed for each piece of equipment. The class will include cardio vascular training intervals, stretching, abdominal exercises, and strength. 60 minute class

**Intermediate-** This class is designed for those who are ready to increase the intensity of their workout. Education about proper form and technique is stressed. Classes consist of instruction on the proper use, set up and form needed for each piece of equipment. The class will include longer cardio vascular training intervals, stretching, abdominal exercises, and strength-training exercises with both Strive equipment and other equipment (i.e., resistance bands, dumbbells). *Intermediate fitness levels* 60 minutes

**Body Beatdown-** Total body sculpt incorporating strength, body toning, core conditioning and flexibility! Challenging use of your own body mass and gravity along with Strive equipment... come and experience the Body Beatdown! 60 minute class

**Butts, Gutts and More-** A combination of core specific exercises along with strength moves to tone and sculpt ABS, HIPS, BUTT. FEEL the BURN! 45 minute class

**Fit over 50-** If you would like to challenge the aging process and improve your fitness level. It is comparable to the basic strive. 60 minute class

**Dance party-** So you can make it to the gym almost every day...but you just don't have the time when you're there. To really get optimum fat-burning and lean-muscle-building results, you have to devote at least an hour every time you show up, right? Not necessarily - with the following program, you can achieve great results with just a 45 minute workout. Lets dance!!!!

**Warrior-** One who is engaged aggressively or energetically in an activity, intense strive workout.

**Advanced-** Do you need a change to take your fitness to the next level? It is our extreme strive to jump start your New year.

**Mommy Muscle Strive-** Moms to be and Moms of children of all ages- Instructor has specialized knowledge in pre-natal/postpartum exercise.

***A towel and water bottle are strongly encouraged for all  
STRIVE classes.***