



West End Cycle July 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 AMERICAN FAMILY FITNESS FIT AS YOU WANT TO BE		It's Christmas in July at American Family! Festivities begin July 19th Don't miss the Holiday Shopping Bazaar Party July 24th!		1 8:15 Cycle/Zen Lisa K 9:00 Cycle 60 Shelle 12:15 Cycle/Abs Ashley 6:00 Cycle 60 Bob 7:15 Video Cycle Joe	2 5:30 Cycle 60 Susan 8:15 * Cycle/Strength Kim W 9:30 Cycle 60 Kristy 4:15 Cycle Boot Camp Dee 6:00 Cycle 60 Brett	3 8:00* Cycle/MC Tara 9:30 Cycle 60 Susan 10:45 <i>Get Moving Yulia</i>
4 8:15+Boot Camp Blast Lisa K & Joe 10:00 Cycle/Abs Yulia	5 5:30 Cycle 60 Tara 8:15* Cycle/Strength Kristy 9:30 Cycle 60 Susan 5:00 Cycle 45 Steve 6:00 Cycle 60 Bob 7:15 Cycle 45 Ashley	6 5:30 Cycle Boot Camp Susan 9:00 Cycle 60 Lisa W 12:15 Cycle/Abs Ashley 4:15 Junior Cycle Jenny 6:00 Video Cycle Lisa W	7 5:30 Cycle/Abs Kristy 8:15 Cycle 60 Kim W 9:30* Cycle/Strength Susan 10:45 <i>Abs 15 Susan</i> 4:15 Cycle Boot Camp Ashley 6:00 Cycle 60 Lisa K	8 8:15 Cycle/Zen Lisa K 9:00 Cycle 60 Shelle 12:15 Cycle/Abs Kathi 6:00 Cycle 60 Bob 7:15 Video Cycle Joe	9 5:30 Cycle 60 Susan 8:15 * Cycle/Strength Kim W 9:30 Cycle 60 Kristy 4:15 Cycle Boot Camp Dee 6:00 Cycle 60 Steve	10 8:00* Cycle/MC Tara 9:30 Cycle 60 Bob 10:45 <i>Get Moving Yulia</i>
11 8:15*CycleBoot Camp Lisa K 9:45 Cycle Zen Ashley 4:00 Cycle/Abs Yulia	12 5:30 Cycle 60 Tara 8:15* Cycle/Strength Kristy 9:30 Cycle 60 Shelle 5:00 Cycle 45 Frank 6:00 Cycle 60 Emilie 7:15 Cycle 45 Ashley	13 5:30 Cycle Boot Camp Susan 9:00 Video Cycle Lisa W 12:15 Cycle/Abs Kathi 4:15 Junior Cycle Jenny 6:00 Cycle 60 Shelle	14 5:30 Cycle/Abs Kristy 8:15 Cycle 60 Kim W 9:30* Cycle/Strength Susan 10:45 <i>Abs 15 Susan</i> 4:15 Cycle Boot Camp Ashley 6:00 Cycle 60 Frank	15 8:15 Cycle/Zen Dee 9:00 Cycle 60 Shelle 12:15 Cycle/Abs Kathi 6:00 Cycle 60 Bob 7:15 Video Cycle Joe	16 5:30 Cycle 60 Susan 8:15 * Cycle/Strength Kim W 9:30 Cycle 60 Kristy 4:15 Cycle Boot Camp Dee 6:00 Cycle 60 Steve	17 8:00* Cycle/MC Tara 9:30 Cycle 60 Bob 10:45 <i>Get Moving Ashley</i>
18 8:15*CycleBoot Camp Joe 9:45 Cycle Zen Ashley 4:00 Cycle/Abs Yulia	19 5:30 Cycle 60 Tara 8:15* Cycle/Strength Kristy 9:30 Cycle 60 Shelle 5:00 Cycle 45 Frank 6:00 Cycle 60 Emilie 7:15 Cycle 45 Shelle	20 5:30 Cycle Boot Camp Susan 9:00 Cycle 60 Steve 12:15 Cycle/Abs Kathu 4:15 Junior Cycle Jenny 6:00 Cycle 60 Shelle	21 5:30 Cycle/Abs Kristy 8:15 Cycle 60 Kim W 9:30* Cycle/Strength Susan 10:45 <i>Abs 15 Susan</i> 4:15 Cycle Boot Camp Ashley 6:00 Cycle 60 Lisa K	22 8:15 Cycle/Zen Lisa K 9:00 Cycle 60 Shelle 12:15 Cycle/Abs Kathi 6:00 Cycle 60 Bob 7:15 Video Cycle Joe	23 5:30 Cycle 60 Susan 8:15 * Cycle/Strength Kim W 9:30 Cycle 60 Kristy 4:15 Cycle Boot Camp Shelle 6:00 Cycle 60 Steve	24 8:00* Cycle/MC Steve 9:30 Cycle 60 Bob 10:45 <i>Get Moving Ashley</i>
25 8:15*CycleBoot Camp Lisa K 9:45 Cycle Zen Ashley 4:00 Cycle/Abs Yulia	26 5:30 Cycle 60 Yulia 8:15* Cycle/Strength Kristy 9:30 Cycle 60 Shelle 5:00 Cycle 45 Frank 6:00 Cycle 60 Emilie 7:15 Cycle 45 Ashley	27 5:30 Cycle Boot Camp Lisa K 9:00 Video Cycle Lisa W 12:15 Cycle/Abs Kathi 4:15 Junior Cycle Jenny 6:00 Cycle 60 Shelle	28 5:30 Cycle/Abs Kristy 8:15 Cycle 60 Kim W 9:30* Cycle/Strength Yulia 10:45 <i>Abs 15 Yulia</i> 4:15 Cycle Boot Camp Ashley 6:00 Cycle 60 Lisa K	29 8:15 Cycle/Zen Lisa K 9:00 Cycle 60 Shelle 12:15 Cycle/Abs Kathi 6:00 Cycle 60 Bob 7:15 Video Cycle Joe	30 5:30 Cycle 60 Yulia 8:15 * Cycle/Strength Kim W 9:30 Cycle 60 Kristy 4:15 Cycle Boot Camp Dee 6:00 Cycle 60 Steve	31 8:00* Cycle/MC Steve 9:30 Cycle 60 Bob 10:45 <i>Get Moving Ashley</i>



Contact Us:
 804-3641200
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 KGrimes@amfamfit.com

Beginner friendly class
 Family friendly class (ages 9 & older)
 Participants for family friendly cycle should be 4 feet 10 inches tall

Please sign up at the front desk to reserve your spot!
You must have water in order to Ride.

Video Cycle
 Enjoy videos of your favorite songs while you ride!