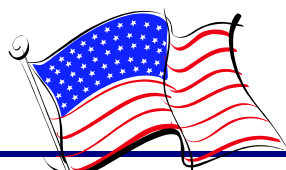


West End Mind Body July 2010



*denotes 75 minute class +denotes 90 minute class
All other classes 60 minutes
Beginner friendly class



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>It's Christmas in July at American Family! Festivities begin July 19th Don't miss the Holiday Shopping Bazaar Party July 24th!</p>		<p>YOGA THAT ROCKS Join us for this energetic Yoga Flex class to contemporary music. It'll Rock</p>		<p>1 5:45 Yoga Flex Deanne 8:15* Cycle/Zen LisaK 9:30* Yogalates Kim 11:00 Beg Yoga Shelle 12:15 Body Flow Kristy <u>4:15 Yoga Flex Dee</u> 5:30 Body Flow Emilie 7:00 Pilates Diane</p>	<p>2 5:45 Pilates Angela 8:15 Yin Yoga Jennifer 9:30+ Power Yoga Kim 11:00 Beg Yoga Challie 12:15 Yoga Flex Challie 5:30 Beg Yoga Jay 7:00* Power Yoga Jay</p>	<p>3 8:00* Yoga Flex Challie 9:15 Pilates John 10:30 Body Flow John</p>
<p>4 8:00* Yoga Flex Challie 9:30 Pilates Diane 11:00 Body Flow Sheena Club closes 2pm</p>	<p>5 5:45 Yoga Flex Michele 9:30* Yoga Flex Kim 11:00 Body Flow Dee <u>4:15 Yoga Flex Heather</u> 5:30+ Heated Vinyasa Challie 7:00* Yin Yoga Michele</p>	<p>6 8:15* Power Yoga Michele 9:30 Body Flow Kristy <i>11:00 Beg Yoga Kristy</i> 12:15 Yoga Flex Heather 5:30 Pilates Diane 7:00 Body Flow Kristy</p>	<p>7 8:15 Body Flow Kristy 9:30* Yoga Flex Jennifer 11:00 Yin Yoga Deanne 12:15 Pilates Diane <i>5:30 Beg Yoga Challie</i> 7:00* Yoga Flex Lisa K</p>	<p>8 5:45 Yoga Flex Deanne 8:15* Cycle/Zen LisaK 9:30* Yogalates Kim 11:00 Beg Yoga Shelle 12:15 Body Flow Kristy <u>4:15 Yoga Flex Dee</u> 5:30 Body Flow Barbi 7:00 Pilates Diane</p>	<p>9 5:45 Pilates Angela 8:15 Yin Yoga Jennifer 9:30+ Power Yoga Kim 11:00 Beg Yoga Challie 12:15 Yoga Flex Challie 5:30 Beg Yoga Jay 7:00* Power Yoga Jay</p>	<p>10 8:00* Yoga Flex Challie 9:15 Pilates Paula 10:30 Body Flow Emilie</p>
<p>11 9:45 Cycle/Zen Ashley 11:15 Yoga Flex Kathi 1:00 Pilates Diane <i>4:00 Beg Yoga Heather</i> 5:00 Body Flow Dee</p>	<p>12 5:45 Yoga Flex Michele 9:30* Yoga Flex Kim 11:00 Body Flow Dee <u>4:15 Yoga Flex Heather</u> 5:30+ Heated Vinyasa Shelle 7:00* Yin Yoga Shelle</p>	<p>13 8:15* Power Yoga Shelle 9:30 Body Flow Kristy <i>11:00 Beg Yoga Kathi</i> 12:15 Yoga Flex Challie 5:30 Pilates Carrie 7:00 Body Flow Carrie</p>	<p>14 8:15 Pilates Paula 9:30* Yoga Flex Jennifer 11:00 Yin Yoga Deanne 12:15 Pilates Diane <i>5:30 Beg Yoga Kathi</i> 7:00* Yoga Flex Michele</p>	<p>15 5:45 Yoga Flex Deanne 8:15* Cycle/Zen Dee 9:30* Yogalates Kim 11:00 Beg Yoga Shelle 12:15 Body Flow Kristy <u>4:15 Yoga Flex Dee</u> 5:30 Body Flow Emilie 7:00 Pilates Diane</p>	<p>16 5:45 Pilates Angela 8:15 Yin Yoga Jennifer 9:30+ Power Yoga Kim 11:00 Beg Yoga Challie 12:15 Yoga Flex Challie 5:30 Beg Yoga Jay 7:00* Power Yoga Jay</p>	<p>17 8:00* Yoga Flex Michele 9:15 Pilates Carrie 10:30 Body Flow Emilie</p>
<p>18 9:45 Cycle/Zen Ashley 11:15 Yoga Flex Challie 1:00 Pilates Carrie <i>4:00 Beg Yoga Michele</i> 5:00 Body Flow Sheena</p>	<p>19 5:45 Yoga Flex Michele 9:30* Yoga Flex Kim 11:00 Body Flow Dee <u>4:15 Yoga Flex Heather</u> 5:30+ Heated Vinyasa Challie 7:00* Yin Yoga Michele</p>	<p>20 8:15* Power Yoga Shelle 9:30 Body Flow Kristy <i>11:00 Beg Yoga Kathi</i> 12:15 Yoga Flex Challie 5:30 Pilates Carrie 7:00 Body Flow Kristy</p>	<p>21 8:15 Pilates Carrie 9:30* Yoga Flex Jennifer 11:00 Yin Yoga Deanne 12:15 Pilates Diane <i>5:30 Beg Yoga Kathi</i> 7:00* Yoga Flex Lisa K</p>	<p>22 5:45 Yoga Flex Deanne 8:15* Cycle/Zen LisaK 9:30* Yogalates Kim 11:00 Beg Yoga Shelle 12:15 Body Flow Kristy <u>4:15 Yoga Flex Michele</u> 5:30 Body Flow Emilie 7:00 Pilates Diane</p>	<p>23 5:45 Pilates Angela 8:15 Yin Yoga Jennifer 9:30+ Power Yoga Kim 11:00 Beg Yoga Heather 12:15 Yoga Flex Heather 5:30 Beg Yoga Jay 7:00* Power Yoga Jay</p>	<p>24 8:00* Yoga Flex Michele 9:15 Pilates Carrie 10:30 Body Flow Emilie 11:30 Yoga That Rocks!</p>
<p>25 9:45 Cycle/Zen Ashley 11:15 Yoga Flex Kathi 1:00 Pilates Diane <i>4:00 Beg Yoga Shelle</i> 5:00 Body Flow Carrie</p>	<p>26 5:45 Yoga Flex Michele 9:30* Yoga Flex Kim 11:00 Body Flow Emilie <u>4:15 Yoga Flex Heather</u> 5:30+ Heated Vinyasa Shelle 7:00* Yin Yoga Shelle</p>	<p>27 8:15* Power Yoga Shelle 9:30 Body Flow Kristy <i>11:00 Beg Yoga Kathi</i> 12:15 Yoga Flex Deanne 5:30 Pilates Diane 7:00 Body Flow Kristy</p>	<p>28 8:15 Pilates Paula 9:30* Yoga Flex Jennifer 11:00 Yin Yoga Deanne 12:15 Pilates Diane <i>5:30 Beg Yoga Kathi</i> 7:00* Yoga Flex Lisa K</p>	<p>29 5:45 Yoga Flex Deanne 8:15* Cycle/Zen LisaK 9:30* Yogalates Kim 11:00 Beg Yoga Shelle 12:15 Body Flow Kristy <u>4:15 Yoga Flex Dee</u> 5:30 Body Flow Emilie 7:00 Pilates Diane</p>	<p>30 5:45 Pilates Angela 8:15 Yin Yoga Jennifer 9:30+ Power Yoga Kim 11:00 Beg Yoga Michele 12:15 Yoga Flex Michele 5:30 Beg Yoga Jay 7:00* Power Yoga Jay</p>	<p>31 8:00* Yoga Flex Heather 9:15 Pilates Diane 10:30 Body Flow Emilie</p>