



Northside Cycle July 2010



Sun	Mon	Tue	Wed	Thu	Fri	Sat	
<p>Cycle30=45 minutes Cycle45=60 minutes Cycle60=75 minutes</p> <p style="font-size: 24px; font-weight: bold; text-align: center;">804</p> <p style="font-size: 24px; font-weight: bold; text-align: center;">261</p> <p style="font-size: 24px; font-weight: bold; text-align: center;">1000</p> <p>www.amfamfit.com</p>	<p>Remember to sign up (up to) 24 hours in advance.</p> <p>-If you are new to cycling, please arrive 5 minutes early for assistance setting up your bike.</p> <p>-Remember to bring water and a towel.</p> <p>-Kids must be 4'11" to ride in kids' class.</p>		<p>Barbi Dunn Group Fitness Manager bdunn @ amfamfit.com</p>	<p>1 8:30 Cycle30- Kristin</p> <p>6:30 Cycle45- Damon</p>	<p>2 5:45 Cycle60- Rob</p> <p>12:10 Cycle45- Rachael</p>	<p>3 8:00 Cycle45- Michelle</p>	
<p>4 8:00 Cycle45- Alex</p> <p>Independence Day Theme Ride!</p> <p>Club Closes at 2pm</p> 	<p>5 5:45 Cycle45- Rebecca</p> <p>12:10 Cycle45- Kristin</p> <p>5:30 Cycle45- Robin</p> <p>6:30 Cycle30- Alex</p>	<p>6 8:30 Cycle30- Alex</p> <p>5:45 KidsCycle30- Robin</p> <p>6:30 Cycle45- Robin</p>	<p>7 5:45 Cycle45- Rebecca</p> <p>12:10 Cycle45- Kate</p> <p>6:00 Cycle45- Amy</p>	<p>8 8:30 Cycle30- Kristin</p> <p>6:30 Cycle45- Damon</p>	<p>9 5:45 Cycle60- Rob</p> <p>12:10 Cycle45- Rachael</p>	<p>10 8:00 Cycle45- Damon</p> 	
<p>11 1:30 Cycle30- Alex</p>	<p>12 5:45 Cycle45- Rebecca</p> <p>12:10 Cycle45- Deanna</p> <p>5:30 Cycle45- Amy</p> <p>6:30 Cycle30- Alex</p>	<p>13 8:30 Cycle30- Michelle</p> <p>5:45 KidsCycle30- Robin</p> <p>6:30 Cycle45- Damon</p>	<p>14 5:45 Cycle45- Rebecca</p> <p>12:10 Cycle45- Kate</p> <p>6:00 Cycle45- Robin</p> 	<p>15 8:30 Cycle30- Deanna</p> <p>6:30 Cycle45- Damon</p>	<p>16 5:45 Cycle60- Rob</p> <p>12:10 Cycle45- Rachael</p>	<p>17 8:00 Cycle45- Amy</p>	
<p>18 1:30 Cycle30- Robin</p> 	<p>19 5:45 Cycle45- Rebecca</p> <p>12:10 Cycle45- Deanna</p> <p>5:30 Cycle45- Robin</p> <p>6:30 Cycle30- Robin</p>	<p>20 8:30 Cycle30- Michelle</p> <p>5:45 KidsCycle30- Robin</p> <p>6:30 Cycle45- Amanda</p>	<p>21 5:45 Cycle45- Rebecca</p> <p>12:10 Cycle45- Kate</p> <p>6:00 Cycle45- Amy</p>	<p>22 8:30 Cycle30- Deanna</p> <p>6:30 Cycle45- Damon</p>	<p>23 5:45 Cycle60- Kristin</p> <p>12:10 Cycle45- Rachael</p>	<p>24 8:00 Cycle45- Robin</p>	
<p>25 1:30 Cycle30- Alex</p>	<p>26 5:45 Cycle45- Rebecca</p> <p>12:10 Cycle45- Deanna</p> <p>5:30 Cycle45- Amy</p> <p>6:30 Cycle30- Alex</p>	<p>27 8:30 Cycle30- Michelle</p> <p>5:45 KidsCycle30- Robin</p> <p>6:30 Cycle45- Damon</p>	<p>28 5:45 Cycle45- Rebecca</p> <p>12:10 Cycle45- Robin</p> <p>6:00 Cycle45- Amanda</p>	<p>29 8:30 Cycle30- Kristin</p> <p>6:30 Cycle45- Damon</p> 	<p>30 5:45 Cycle60- Robin</p> <p>12:10 Cycle45- Rachael</p>	<p>31 8:00 Cycle45- Amy</p>	