

West End Group X July 2010



Sun Mon Tue Wed Thu Fri Sat



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

**It's Christmas in July at
American Family!
Festivities begin July 19th
Don't miss the
Holiday Shopping Bazaar July
24th!**



1
5:30 Body Pump Dee
7:00 FT Murat
8:15 Body Combat
Brett
9:30 Zumba Angela
10:45 Body Step Kristy
4:00 Body Step John
5:00 Abs30 Joe
5:30 Zumba Kim S
6:30 Body Pump Tara
7:45* AKB

2
7:00 FT Murat
8:15 BodyPump Kristy
9:30 Body Step Kristy
11:00 Seniorcize
Ashley
12:15* Boot Camp
Ashley
**5:00 Body Pump/
Combat Tammy**
6:30 Zumba Nicki

3
8:00 Body Step Kristy
9:15 Body Pump Kris

10:30 Zumba Kayla
11:45 Body Combat
Kris
1:30 AKB for teens

4
**8:15+ Boot Camp
Blast**
Lisa K & Joe

10:00 Body Pump
Richard
11:15
Line Dancing
Kemel
Club closes at 2pm

5
8:15 Ball & Bar Lisa
9:30 Adv Step Paula
11:00 Seniorcize
Ashley
12:15 Body Pump
Dee
4:15 Body Step Dee
5:15 Body Pump
Kris
6:30 Zumba Diane J
7:30 Body Combat
Brett

6
5:30 Body Pump Tara
7:00 FT Murat
8:15 Body Step Dee
9:30 Body Pump Dee
10:45 Basic Step Susan
4:00 Zumba Kayla
5:00 Abs 30 Joe
5:30 Body Step Kristy
6:30 Body Pump
Richard
7:45* AKB

7
8:15* BOSU Tara
**9:30* Body Step/Pump
Combo Kristy**
11:00 Seniorcize
Ashley
12:15 Body Pump
Richard
4:15 Body Pump Dee
5:30 Adv Step Kate
6:30 Body Jam John
7:30 Body Pump Barbi

8
5:30 Body Pump Dee
7:00 FT Murat
8:15 Body Combat
Brett
9:30 Zumba Angela
10:45 Body Step Kristy
4:00 Body Step Kim H
5:00 Abs30 Joe
5:30 Zumba Kim S
6:30 Body Pump Kim
7:45* AKB

9
7:00 FT Murat
8:15 BodyPump Kristy
9:30 Body Step Kim H
11:00 Seniorcize Kim H
12:15* Boot Camp
Kathi
**5:00 Body Pump/
Combat Tammy**
6:30 Zumba Nicki

10
8:00 Adv Step Paula
9:15 Body Pump
Kathi
10:30 Zumba Angela
11:45 Body Combat
Tammy

1:30 AKB for teens

11
9:15 Body Pump Tech
Kathi
10:00 Body Pump
Kathi
2:45 Body Pump
Kris
4:00 Body Step Emilie

6:15* Line Dancing
Kemel & Gerald

12
8:15 Ball & Bar Lisa
9:30 Adv Step Diane
11:00 Seniorcize Kim
Kim
4:15 Body Step Dee
5:15 Body Pump
Kathi
6:30 Zumba Angela
7:30 Body Combat
Brett

13
5:30 Body Pump Tara
7:00 FT Murat
8:15 Body Step Dee
9:30 Body Pump Dee
10:45 Basic Step Susan
4:00 Zumba Kim S
5:00 Abs 30 Joe
5:30 Body Step Emilie
6:30 Body Pump
Emilie
7:45* AKB

14
8:15* BOSU Susan
9:30* SCT Paula
11:00 Seniorcize Shelle
Shelle
4:15 Body Pump Kathi
5:30 Adv Step Kate
6:30 Body Jam John
7:30 Body Pump Kris

15
5:30 Body Pump Dee
7:00 FT Murat
8:15 Body Combat
Brett
9:30 Zumba Angela
10:45 Body Step Kristy
4:00 Body Step Kim H
5:00 Abs30 Joe
5:30 Zumba Kim S
6:30 Body Pump Kim
7:45* AKB

16
7:00 FT Murat
8:15 BodyPump Kristy
9:30 Adv Step Paula
11:00 Seniorcize Ashley
12:15* Boot Camp
Ashley
**5:00 Body Pump/
Combat Kris**
6:30 Zumba Nicki

17
8:00 Body Step Stanley
9:15 Body Pump
Emilie
10:30 Zumba Angela
11:45 Body Combat
Richard

1:30 AKB for teens

18
10:00 Body Pump
Richard
2:45 Body Pump
Kris
4:00 Body Step Emilie

6:15* Line Dancing
Kemel & Gerald

19
8:15 Ball & Bar
Ashley
9:30 Adv Step Paula
11:00 Seniorcize Kim
Kim
4:15 Body Step Dee
5:15 Body Pump
Barbi
6:30 Zumba Diane J
**7:30 Body Combat
Launch
Brett & Angie**

20
5:30 Body Pump Tara
7:00 FT Murat
8:15 Body Step Dee
9:30 Body Pump Dee
10:45 Basic Step Susan
4:00 Zumba Kayla
5:00 Abs 30 Joe
**5:30 Body Step
Launch
Emilie, Kim, Stanley**
6:30 Body Pump
Emilie
7:45* AKB

21
8:15* BOSU Tara
9:30* SCT Paula
11:00 Seniorcize Shelle
Shelle
4:15 Body Pump Kathi
5:30 Adv Step Kate
**6:30 Body Jam
Launch
Angie & John**
7:30 Body Pump Kris

22
5:30 Body Pump Tara
7:00 FT Murat
8:15 BodyCombat Bret
9:30 Zumba Angela
10:45 BodyStep Kristy
4:00 Body Step Kim H
5:00 Abs30 Joe
**5:30 Body Flow
Launch
(In Mind Body)**
5:30 Zumba Kim S
6:30 Body Pump Kim
7:45* AKB

23
7:00 FT Murat
8:15 BodyPump Kristy
9:30 Body Step Kim H
11:00 Seniorcize Kim H
12:15* Boot Camp
Kathi
**5:00+ Les Mills Car-
dio Mix
(Combat, Jam & Step)
Stanley & Tammy**
6:30 Zumba Nicki

24
**8:00 Body Step
Stanley**
**9:15 Body Pump
Launch**
Shelle, Richard, Kathi
10:30 Zumba Angela
11:45 Body Combat
Kris

1:30 AKB for teens

25
10:00 Body Pump
Kathi
2:45 Body Pump
Shelle
4:00 Body Step Emilie

6:15* Line Dancing
Kemel & Gerald

26
8:15 Ball & Bar Lisa
9:30 Adv Step Diane
11:00 Seniorcize Kim
Kim
4:15 Body Step Kim
5:15 Body Pump
Kathi
6:30 Zumba Angela
7:30 Body Combat
Brett

27
5:30 Body Pump Kristy
7:00 FT Murat
8:15 Body Step Kim H
9:30 Body Pump
Kim H
10:45 Basic Step Diane
4:00 Zumba Kayla
5:00 Abs 30 Joe
5:30 Body Step Emilie
6:30 Body Pump
Emilie
7:45* AKB

28
**8:15* Body Pump
Challenge**
Kristy & Kathi
9:30* SCT Paula
11:00 Seniorcize Shelle
Shelle
4:15 Body Pump Kathi
5:30 Adv Step Kate
6:30 Body Jam John
7:30 Body Pump Shelle

29
5:30 Body Pump Dee
7:00 FT Murat
8:15 Body Combat
Brett
9:30 Zumba Angela
10:45 Body Step Kristy
4:00 Body Step Kim H
5:00 Abs30 Joe
5:30 Zumba Kim S
6:30 Body Pump Kim
7:45* AKB

30
7:00 FT Murat
8:15 BodyPump Kristy
9:30 Quad Step Paula
11:00 Seniorcize Ashley
12:15* Boot Camp
Kathi
**5:00 Body Pump/
Combat Tammy**
6:30 Zumba Nicki

31
8:00 Adv Step Diane
9:15 Body Pump Dee

10:30 Zumba Angela
11:45 Body Combat
Richard

1:30 AKB for teens