


Southside Group X Schedule

July 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 www.amfamfit.com 804-330-3400 Group Fitness Manager Chrissie Mack cmack@amfamfit.com	July is Mind/Body month at AFF Southside! Take any Mind/Body class and receive a raffle ticket to win a \$50 AFF Rewards card! Check out our OUTDOOR classes at Woolridge! Zumba on the 13th and Sunset Yoga on the 27th!			1 6:00 Butts&Guts-Jared 9:30 AdvStep- Sharon 10:30BodyPump-Chrissie 12:00 BootCampXP-JB 12:30 KIX-Andi 4:30 BodyStep-Chrissie ☺ 5:30 BodyJam-Amy 6:30 Yoga Flex-Sarah 7:00 SPEW JB 7:30 BootCamp Eugene/Sarah	2 6:00 BodyPump-BethT 9:30 Zumba-Diane 10:30 GentleYoga-Beth W. 12:00 BootCamp-Eugene 4:00 BodyPump Laura & Norm ☺ 5:15 BodyCombat-Chrissie/Bobbi 6:30 Fighter Fitness-JB	3 8:15 SCT*-Melanie 9:30 BootCamp+ Eugene & Stephanie ☺ 11:00 YogaFlex*-Sarah ☺ 4:00 GentleYoga-Rosemary
4 9:30 Zumba&Abs Diane Gym closes at 2:00 PM Happy Fourth!	5 6:00 BodyPump-Diane 9:30 BodyCombat-Heidi 10:30 BodyStep-Chrissie 12:00 Seniorcize-Laura ☺ 4:30 Zumba-Sophie 5:30 AdvStep-Stephanie 6:30 Butts, Guts & More-Jared 7:30 YogaFlex*-Jay	6 6:00 BootCamp-Lindsay 9:30 BodyPump-Wendi 10:45 Body Flow-Rosemary 12:00 BootCampXP-JB 4:30 BodyStep-Dana ☺ 5:30 Zumba-Sophie 6:30 BodyPump-Chrissie 7:00 SPEW-JB 7:45 BootCamp*-Eugene & Stephanie	7 6:00 YogaFlex-Jay 9:30 BasicStep-Sharon 10:30 Muscle Cond- Gene & Rose 12:00 Seniorcize-Laura 4:30 Body Flow-Ruth 5:30 AdvStep-Karla ☺ 6:30 BodyCombat-Wendi/Heidi 7:30 Zumba-Diane	8 6:00 Butts&Guts-Jared 9:30 AdvStep-Dana 10:30 BodyPump-Dana 12:00 BootCampXP-Gaela 12:30 KIX-Andi 4:30 SCT-Sharon ☺ 5:30 BodyJam-Amy 6:30 YogaFlex-Stephanie 7:00 SPEW-JB 7:30 BootCamp-Norm/Stephanie	9 6:00 BodyPump-BethT 9:30 Zumba-Angela 10:30 GentleYoga-Rosemary 12:00 BootCamp-Eugene 4:00 BodyPump Laura & Norm ☺ 5:15 BodyCombat-An gie 6:30 FighterFitness-JB	10 8:15 SCT*-BethT 9:30 BootCamp+ Eugene/Stephanie ☺ 11:00 YogaFlex*-Stephanie ☺ 4:00 GentleYoga-Rosemary
11 9:30 Zumba & Abs Diane 4:00 BodyPump-BethT	12 6:00 BodyPump-Diane 9:30 BodyCombat-Chrissie 10:30 BodyStep-Heidi 12:00 Seniorcize-Laura ☺ 4:30 Kukuwa-Steph 5:30 AdvStep-Melanie 6:30 Butts, Guts & More-Jared 7:30 YogaFlex*-Jay	13 6:00 BootCamp-Tony 9:30 BodyPump-John 10:45 Yoga Flex-Beth W 12:00 BootCampXP-Gaela 4:30 BodyStep-Chrissie 6:00 Outdoor ZUMBA@WOOLRIDGE 6:30 BodyPump- BethT 7:00 SPEW-JB 7:45 BootCamp*-Eugene/Kelly	14 6:00 YogaFlex-Jay 9:30 BasicStep-Dana 10:30 Butts, Guts & More-Jared 12:00 Seniorcize-Laura 4:30 Pilates-Kimi 5:30 AdvStep-Sharon ☺ 6:30 BodyCombat-Chrissie/Bobbi 7:30 Zumba-Diane	15 6:00 Butts&Guts-Jared 9:30 AdvStep-Sharon 10:30 BodyPump-Chrissie 12:00 BootCampXP-Gaela 12:30 KIX-Andi 4:30 BodyStep-Dana ☺ 5:30 BodyJam-Angie 6:30 BodyFlow-Angie/Chrissie 7:00 SPEW-JB 7:30 BootCamp-Eu//Kelly	16 6:00 BodyPump-BethT 9:30 Zumba-Sophie 10:30 GentleYoga-BethW 12:00 BootCamp-Eugene 4:00 BodyPump Laura & Norm ☺ 5:15 BodyCombat-Heidi 6:30 FighterFitness-JB	17 LES MILLS LAUNCH DAY!!! 8:15 Body Step Heidi & John 9:30 Body Pump-John, Diane & Erin 10:45 BodyCombat Heidi & Angie 4:00 GentleYoga-Rosemary
18 9:30 Zumba & Abs Diane 4:00 BodyPump-Wendi	19 6:00 BodyPump-Diane/John 9:30 BodyCombat-Heidi 10:30 BodyStep-Sarah/John 12:00 Seniorcize-Laura ☺ 4:30 Zumba-Sophie 5:30 Line Dancing w/Kemmel 6:30 Butts,Guts & More-Jared 7:30 YogaFlex-Jay*	20 6:00 BootCamp-Lindsay 9:30 BodyPump-Wendi/John 10:45 BodyFlow-Ruth 12:00 BootCampXP-Gaela 4:30 BodyStep-Chrissie/Sarah ☺ 5:30 Zumba-Sophie 6:30 BodyPump-Chrissie/Laura 7:00 SPEW-JB 7:45 BootCamp*-Eugene & Stephanie	21 6:00 YogaFlex-Jay 9:30 BasicStep-Sharon 10:30 Muscle Cond- Gene & Rose 12:00 Seniorcize-Laura 4:30 BodyFlow-Ruth 5:30 AdvStep-Karla ☺ 6:30 BodyCombat-Heidi/Chrissie 7:30 Zumba-Ruth	22 6:00 Butts&Guts-Jared 9:30 AdvStep-John 10:30 BodyPump-John/Chrissie 12:00 BootCampXP-Gaela 12:30 KIX-Andi 4:30 SCT-Sharon LAUNCH NIGHT! ☺ 5:30 BodyJam-John/Amy 6:30 BodyFlow-Ang/Chris 7:00 SPEW-JB 7:30 BootCamp-Norm/Sarah	23 6:00 BodyPump-John/BethT 9:30 Zumba-Angela 10:30 GentleYoga-Rosemary 12:00 BootCamp-Eugene 4:00 BodyPump Laura & Norm ☺ 5:15 BodyCombat-Chrissie/Angie 6:30 FighterFitness-JB	24 8:15 SCT*-Stephanie 9:30 BootCamp+ Eugene & Kelly ☺ 11:00 YogaFlex*-BethW ☺ 4:00 GentleYoga-Ruth
25 9:30 Zumba & Abs Diane 4:00 BodyPump BethT	26 6:00 BodyPump-Diane 9:30 BodyCombat-Angie 10:30 BodyStep-Chrissie 12:00 Seniorcize-Laura ☺ 4:30 Zumba-Angela 5:30 AdvStep-Melanie 6:30 Butts, Guts & More-Jared 7:30 YogaFlex*-Jay	27 6:00 BootCamp-Tony 9:30 BodyPump-John 10:45 YogaFlex-BethW 12:00 BootCampXP-Gaela 4:30 BodyStep-Sarah ☺ 5:30 Zumba-Sophie 6:00 Sunset Yoga @Woolridge 6:30 BodyPump-Chrissie 7:00 SPEW-JB 7:45 BootCamp*-Eugene/Kelly	28 6:00 YogaFlex-Jay 9:30 BasicStep-Dana 10:30 Butts, Guts&More-Jared 12:00 Seniorcize-Laura 4:30 Pilates-Kimi 5:30 AdvStep-Sharon ☺ 6:30 BodyCombat-Wendi 7:30 Zumba-Diane	29 6:00 Butts&Guts-Jared 9:30 AdvStep-Dana 10:30 BodyPump- Dana 12:00 BootCampXP-Gaela 12:30 KIX-Andi 4:30 BodyStep-Chrissie ☺ 5:30 BodyJam-Angie 6:30 YogaFlex-Sarah 7:00 SPEW-JB 7:30 BootCamp-Eugene & Sarah	30 6:00 BodyPump-John 9:30 Zumba-Diane 10:30 GentleYoga-BethW 12:00 BootCamp-Eugene 4:00 BodyPump Laura & Norm ☺ 5:15 BodyCombat-Wendi 6:30 FighterFitness-JB	31 8:15 SCT*-John 9:30 BootCamp+ Eugene & Norm ☺ 11:00 YogaFlex*-BethW ☺ 4:00 GentleYoga-Ruth

☺ Designates family friendly classes, children nine and up can take class with parent