




# American Family Fitness Southside STRIVE

## July 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 <p style="font-size: 2em; font-weight: bold;">Martes STRIVE @ 6:30</p> <p style="font-size: 2em; font-weight: bold;">En Español</p>			 <p style="font-size: 0.8em;">AMERICAN FAMILY FITNESS IT AS YOU WANT TO BE</p> <p style="font-size: 0.8em; color: red;">www.amfamfit.com 804-330-3400</p>	<p>1 8:30 SENIORS- Wallace</p> <p>☺ 6:30 STRIVE PAT</p>	<p>2 10:00 STRIVE Rose</p> <p>6:00 Advanced- RAY</p>	<p>3 ☺9:00 STRIVE Lawrence 10:15 abs Lawrence ☺10:30 BASIC- Chris 3:00 STRIVE-Mike</p>
<p>4 9:00 STRIVE Ted</p>  <p>Happy 4th! Gym closes @ 2pm</p>	<p>5 6:00 am STRIVE-TC 10:00 Advanced Mike 6:00 Advanced Lamar 7:00 STRIVE Lamar</p>	<p>6 8:30 SENIORS- Wallace 10:00 STRIVE-TC 5:30 STRIVE Sarah ☺ 6:30 Spanish Strive-Octavio</p>	<p>7 6:00 am STRIVE-TC 10:00 STRIVE Mike 5:30 Advanced Chris ☺ 7:00 BASIC- Greg</p>	<p>8 8:30 SENIORS- Wallace</p> <p>☺ 6:30 STRIVE PAT</p>	<p>9 10:00 STRIVE Rose</p> <p>6:00 Advanced- RAY</p>	<p>10 ☺9:00 STRIVE Lawrence 10:15 abs Lawrence ☺10:30 BASIC- Chris 3:00 STRIVE-Mike</p>
<p>11 9:00 STRIVE Ted</p>	<p>12 6:00 am STRIVE-TC 10:00 Advanced Mike 6:00 Advanced Lamar 7:00 STRIVE Lamar</p>	<p>13 8:30 SENIORS- Wallace 10:00 STRIVE-TC 5:30 STRIVE Alex ☺ 6:30 Spanish Strive-Octavio</p>	<p>14 6:00 am STRIVE-TC 10:00 STRIVE Mike 5:30 Advanced Chris ☺ 7:00 BASIC- Greg</p>	<p>15 8:30 SENIORS- Wallace</p> <p>☺ 6:30 STRIVE Chris</p>	<p>16 10:00 STRIVE Rose</p> <p>6:00 Advanced- RAY</p>	<p>17 ☺9:00 STRIVE Lawrence 10:15 abs Lawrence ☺10:30 BASIC- Chris 3:00 STRIVE-Mike</p>
<p>18 9:00 STRIVE Ted</p>	<p>19 6:00 am STRIVE-TC 10:00 Advanced Mike 6:00 Advanced Lamar 7:00 STRIVE Lamar</p>	<p>20 8:30 SENIORS- Wallace 10:00 STRIVE-TC 5:30 STRIVE Sarah ☺ 6:30 Spanish Strive-Octavio</p>	<p>21 6:00 am STRIVE-TC 10:00 STRIVE Mike 5:30 Advanced Chris ☺ 7:00 BASIC- Greg</p>	<p>22 8:30 SENIORS- Wallace</p> <p>☺ 6:30 STRIVE PAT</p>	<p>23 10:00 STRIVE Rose</p> <p>6:00 Advanced- RAY</p>	<p>24 ☺9:00 STRIVE Lawrence 10:15 abs Lawrence ☺10:30 BASIC- Chris 3:00 STRIVE-Mike</p>
<p>25 9:00 STRIVE Ted</p>	<p>26 6:00 am STRIVE-TC 10:00 Advanced Mike 6:00 Advanced Lamar 7:00 STRIVE Lamar</p>	<p>27 8:30 SENIORS- Wallace 10:00 STRIVE-TC 5:30 STRIVE Sarah ☺ 6:30 Spanish Strive-Octavio</p>	<p>28 6:00 am STRIVE-TC 10:00 STRIVE Mike 5:30 Advanced Chris ☺ 7:00 BASIC- Greg</p>	<p>29 8:30 SENIORS- Wallace</p> <p>☺ 6:30 STRIVE PAT</p>	<p>30 10:00 STRIVE Rose</p> <p>6:00 Advanced- RAY</p>	<p>31 ☺9:00 STRIVE Lawrence 10:15 abs Lawrence ☺10:30 BASIC- Chris 3:00 STRIVE-Mike</p>

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

### STRIVE CLASS FORMATS

Try different classes, every instructor is different. Encouraging, motivating & helping you is our goal.

**Basic STRIVE:** Level 1 A rotation of strength machines (cam 1-2-3) and cardiovascular machines will be used throughout the class. Instructors will be guiding you through the cam settings on the strength machines and cardio.

**STRIVE:** Level 2 A little more variation in the structure of the class but you still will be using the STRIVE equipment.

**Advanced STRIVE:** More Cardio and other equipment will also be used in this class along with the STRIVE equipment to give you an extreme workout! (Possibility of going outside)

**Spanish STRIVE:** Esta Clase es Enseñada en Español. Niños Mayores de 9 años pueden Tomar esta clase con la Compañía de los Vadves.

**SENIOR STRIVE:** Same design as your regular strive classes but factors of aging will be considered during the class ie; range of motion, balance, music choice and level of music and much more.