

Sun

Mon

Tue

Wed

Thu

Fri

Sat



## Swift Creek Cycle Schedule July 2010

*Did you know that you can pull this schedule up on [amfamfit.com](http://amfamfit.com)? In fact, you can look at all 7 location's schedules! Find the right class for you and help us save a tree!*



**1**  
6:00 Cycle45-Denise  
8:45 Beginner Cycle-Laurie  
9:45 Cycle45-Laurie  
5:30 Cycle45-Joy  
6:30 Cycle BootCamp-Kimi

**2**  
9:30 Cycle45-Laurie  
**5:30 CycleYoga (30 minute cycle, then 30 minutes yoga)-Tom**

**3**  
8:00 cycle 45-Joy  
9:15 Cycle60-Hilari  
☺10:30 Family Cycle Ruth

**4**  
**Classes Cancelled**  
**Club closes at 2 pm**



**5**  
6:00 Cycle45-Dan  
9:30 Cycle45-Tom  
6:00 Cycle45-Jackie  
7:00 Cycle45-Kathy

**6**  
5:45 Cycle60-Hilari  
8:45 Beginner Cycle-Laurie  
**9:45 CycleBootcamp\* Laurie**  
4:30 Cycle45-Steph  
6:30 Cycle45-Tom

**7**  
9:30 Cycle45-Kimi  
6:00 Cycle45-Kathy  
7:00 Cycle45-Steph

**8**  
6:00 Cycle45-Denise  
8:45 Beginner Cycle-Laurie  
9:45 Cycle45-Laurie  
5:30 Cycle45-Joy  
6:30 Cycle BootCamp-Kimi

**9**  
9:30 Cycle45-Joy  
**5:30 CycleYoga (30 minute cycle, then 30 minutes yoga)-Hilari**

**10**  
8:00 cycle 45-Steph  
9:15 CycleAbs-Maria  
☺10:30 Family Cycle Ruth

**11**  
10:15 Cycle45-Hilari  
3:30 Cycle45-Kathy

**12**  
6:00 Cycle45-Laurie  
9:30 Cycle45-Kimi  
6:00 Cycle45-Jackie  
7:00 Cycle45-Kathy

**13**  
5:45 Cycle60-Stephanie  
8:45 Beginner Cycle-Laurie  
**9:45 CycleBootcamp\* Laurie**  
4:30 Cycle45-Joy  
6:30 Cycle45-Denise

**14**  
9:30 Cycle45-Joy  
6:00 Cycle45-Kathy  
7:00 Cycle45-Steph

**15**  
6:00 Cycle45-Denise  
8:45 Beginner Cycle-Laurie  
9:45 Cycle45-Laurie  
5:30 Cycle45-Joy  
6:30 Cycle BootCamp-Kimi

**16**  
9:30 Cycle45-Laurie  
**5:30 CycleYoga (30 minute cycle, then 30 minutes yoga)-Jackie**

**17**  
8:00 cycle 45-Joy  
9:15 Cycle60-Denise  
☺10:30 Family Cycle Denise

**18**  
10:15 Cycle45-Hilari  
3:30 Cycle45-Dan

**19**  
6:00 Cycle45-Dan  
9:30 Cycle45-Tom  
6:00 Cycle45-Debbie  
7:00 Cycle45-Kathy

**20**  
5:45 Cycle60-Hilari  
8:45 Beginner Cycle-Laurie  
**9:45 CycleBootcamp\* Laurie**  
4:30 Cycle45-Steph  
6:30 Cycle45-Tom

**21**  
9:30 Cycle45-Kimi  
6:00 Cycle45-Kathy  
7:00 Cycle45-Steph

**22**  
6:00 Cycle45-Denise  
8:45 Beginner Cycle-Laurie  
9:45 Cycle45-Laurie  
5:30 Cycle45-Joy  
6:30 Cycle BootCamp-Kimi

**23**  
9:30 Cycle45-Joy  
**5:30 CycleYoga (30 minute cycle, then 30 minutes yoga)-Martha**

**24**  
8:00 cycle 45-Laurie  
9:15 Cycle60-Denise  
☺10:30 Family Cycle Laurie

**25**  
10:15 Cycle45-Damaris  
3:30 Cycle45-Dan

**26**  
6:00 Cycle45-Laurie  
9:30 Cycle45-Tom  
6:00 Cycle45-Debbie  
7:00 Cycle45-Kathy

**27**  
5:45 Cycle60-Steph  
8:45 Beginner Cycle-Laurie  
**9:45 CycleBootcamp\* Laurie**  
4:30 Cycle45-Joy  
6:30 Cycle45-Wendi

**28**  
9:30 Cycle45-Joy  
6:00 Cycle45-Kathy  
7:00 Cycle45-Steph

**29**  
6:00 Cycle45-Kathy  
8:45 Beginner Cycle-Laurie  
9:45 Cycle45-John  
5:30 Cycle45-Joy  
6:30 Cycle BootCamp-Kimi

**30**  
9:30 Cycle45-Laurie  
**5:30 CycleYoga (30 minute cycle, then 30 minutes yoga)-Steph**

**31**  
8:00 cycle 45-Joy  
9:15 Cycle60-Laurie  
☺10:30 Family Cycle Laurie

### **Attention Members:**

**Please remember to bring a water bottle to ride and also, to preserve our bikes, only ride them during class time...we want to maintain their great condition !**

**Don't forget to get your pass to ride! See front desk for more details**

**☺ Means Family Friendly!**

**Monday and Wednesday nights are now at 7 pm!!**