

Sun

Mon

Tue

Wed

Thu

Fri

Sat



Swift Creek Mind/Body Schedule July 2010

www.amfamfit.com

Group X Coordinator-Maria Beall
mbeall@amfamfit.com
804-763-1111



Did you know that you can pull this schedule up on 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!

You are invited to attend our Open House for the Mind Body Room! We want to encourage you to try something different whether it's Yoga, Pilates or Flow. These practices increase flexibility, endurance and core strength, which can enhance your performance or prevent injury. We hope to see you on the 3rd! Please note that Tai Kwon Do will start at it's usual time that day.

<p>1 9:30 Pilates-Rose 10:45 YogaFlex-Hilari ©4:30 FamilyYoga-Clarissa 5:30 BodyFlow-Jen 6:30 YogaFlex-Amy 7:45 BasicYogaFlex-Traysi</p>	<p>2 6:00 YogaFlex-Jay 9:30 PowerYoga*-Ann Marie 10:45 GentleYoga*-Ann Marie New Time! 6:15 YogaFlex XP(part of cycle yoga)-Tim (30 min) 7:00 Karate</p>	<p>3 Mind Body Open House! We welcome you to try a Mind Body Class today! 8:00 BodyFlow-Ruth 8:35 GentleYoga-Clarissa 9:10 Pilates-Laurie, Kimi 9:45 YogaFlex-Amy, Beth 10:20 PilatesPlus-Annie 11:00 PowerYoga-HilariTraysi</p>				
<p>4  9:30 GentleYoga*-Rose 10:45 YogaFlex*-Amy Club closes at 2 pm</p>	<p>5 9:30 YogaFlex*-Jay 10:45 BodyFlow-Rose ©11:45 GentleYoga-Clarissa 4:30 PilatesPlus-Rose 5:30 YogaFlex*-Amy 6:45 PowerYoga*-Traysi</p>	<p>6 6am YogaFlex*-Jay 8:00 GentleYoga-Traysi 9:30 PilatesPlus-Soph 10:45 YogaFlex*-Clarissa 4:30 GentleFlex-Jay 6:30 YogaFlex*-Hilari 7:45 Karate</p>	<p>7 9:30 GentleYoga-Tray 10:30 BodyFlow-Rose 11:30 YogaFlex*-Clarissa 5:30 Pilates-Annie 6:45 GentleYoga-Kathy</p>	<p>8 9:30 Pilates-Soph 10:45 YogaFlex-Traysi ©4:30 FamilyYoga-Clarissa 5:30 BodyFlow-Jen 6:30 YogaFlex XP-Amy 7:45 BasicYogaFlex-CXL</p>	<p>9 6:00 YogaFlex-Jay 9:30 PowerYoga*-Traysi 10:45 GentleYoga*-Traysi 6:15 YogaFlex XP(part of cycle yoga)-Kathy 7:00 Karate</p>	<p>10 8:30 BodyFlow-Angie 9:30 Pilates-Laurie 10:30 YogaFlexOnThe-Ball*-Amy ©11:45-Tai Kwon Do-Dan</p>
<p>11 8:00 GentleYoga-Tim 9:30 GentleYoga*-Rose 10:45 YogaFlex*Clarissa 2:30 BodyFlow-Ruth 4:30 YogaFlex*-Kathy</p>	<p>12 9:30 YogaFlex*-Jay 10:45 BodyFlow-Ruth ©11:45 GentleYoga-Clarissa 4:30 PilatesPlus-Rose 5:30 YogaFlex*-Amy 6:45 YogaFlex*-Clarissa</p>	<p>13 6am YogaFlex*-Jay 8:00 GentleYoga-Maria 9:30 PilatesPlus-Sophie 10:45 YogaFlex*-Clarissa 4:30 GentleFlex-Tim, Jay 6:30 YogaFlex*-Joy 7:45 Karate</p>	<p>14 9:30 GentleYoga-Beth 10:30 BodyFlow-Rose 11:30 YogaFlex*-Laurie 5:30 Pilates-Annie 6:45 GentleYoga-Joy</p>	<p>15 9:30 Pilates-Rose 10:45 YogaFlex-Tim ©4:30 FamilyYoga-Steph 5:30 BodyFlow-Jen 6:30 PowerYoga*-Amy 7:45 BasicYogaFlex-Clarissa</p>	<p>16 6:00 YogaFlex-Jay 9:30 PowerYoga*-Clarissa 10:45 GentleYoga*-Clarissa 6:15 YogaFlex XP(part of cycle yoga)-Kathy 7:00 Karate</p>	<p>17 9:30 Pilates-Annie 10:30 YogaFlex*-Steph ©11:45-Tai Kwon Do-Dan</p>
<p>18 8:00 GentleYoga-Jay 9:30 GentleYoga*-Jay 10:45 YogaFlex*-Jay 4:30 YogaFlex*-Kathy</p>	<p>19 9:30 YogaFlex*-Jay 10:45 BodyFlow-Rose ©11:45 GentleYoga-Tim 4:30 PilatesPlus-Rose 5:30 YogaFlex*-Amy 6:45 PowerYoga*-Traysi</p>	<p>20 6am YogaFlex*-Jay 8:00 GentleYoga-Laurie 9:30 PilatesPlus-Sophie 10:45 YogaFlex*-Traysi 4:30 GentleFlex-Jay 6:30 YogaFlex*-Hilari 7:45 Karate</p>	<p>21 9:30 GentleYoga-Joy 10:30 BodyFlow-Rose 11:30 YogaFlex*-Traysi 5:30 Pilates-Annie 6:45 GentleYoga-Kathy</p>	<p>22 9:30 Pilates-Soph 10:45 YogaFlex*-Traysi ©4:30 FamilyYoga-Maria 5:30 BodyFlow-Jen 6:30 YogaFlex*-Amy 7:45 BasicYogaFlex-Traysi</p>	<p>23 6:00 YogaFlex-Jay 9:30 PowerYoga*-Ann Marie 10:45 GentleYoga*-Ann Marie 6:15 YogaFlex XP(part of cycle yoga)-Martha 7:00 Karate</p>	<p>24 9:30 Pilates-Laurie 10:30 YogaFlex*Traysi ©11:45-Tai Kwon Do-Dan</p>
<p>25 8:00 GentleYoga-Steph 9:30 GentleYoga*-Clarissa 10:45 YogaFlex*-Clarissa 2:30 BodyFlow-Ruth 4:30 YogaFlex*-Tim</p>	<p>26 9:30 YogaFlex*-Jay 10:45 BodyFlow-Ruth ©11:45 GentleYoga-Tim 4:30 PilatesPlus-Laurie 5:30 YogaFlex*-Amy 6:45 PowerYoga*-Traysi</p>	<p>27 6am YogaFlex*-Jay 8:00 GentleYoga-Traysi 9:30 PilatesPlus-Sophie 10:45 YogaFlex*-Clarissa 4:30 GentleFlex-Jay 6:30 YogaFlex*-Joy 7:45 Karate</p>	<p>28 9:30 GentleYoga-Beth 10:30 BodyFlow-Jen 11:30 YogaFlex*-Laurie 5:30 Pilates-Annie 6:45 GentleYoga-Joy</p>	<p>29 9:30 Pilates-Rose 10:45 YogaFlex*-Traysi ©4:30 FamilyYoga-Hilari 5:30 BodyFlow-Jen Ruth 6:30 YogaFlex*-Kathy 7:45 BasicYogaFlex-Clarissa</p>	<p>30 6:00 YogaFlex-Jay 9:30 PowerYoga*-Ann Marie 10:45 GentleYoga*-Ann Marie 6:15 YogaFlex XP(part of cycle yoga)-Hilari 7:00 Karate</p>	<p>31 8:30 BodyFlow-Angie 9:30 Pilates-Sophie 10:30 YogaFlex*-Clarissa ©11:45-Tai Kwon Do-Dan</p>