

Colonial Heights GroupX July 2010



www.amfamfit.com
520-7000



Sun	mon	Tues	Wed	Thurs	Fri	Sat
			<p>We've made a CHANGE. Sunday BodyPump is now offered at 8:15am.</p>	<p>1 8:30 Seniorcize-Ellen 9:30 CardioBoxing-Michael 10:30 Butts&Gutts+-Karen&Gayle 12:00 YogaFlex-Martha 4:30 YogaFlex-Melissa 5:30 BodyStep-Geraldine 6:30 BodyPump-Valerie 8:00 Karate</p>	<p>2 6:00 BodyPump-Geraldine 8:15 YogaFlex-Jay 9:30 Zumba-Alicia 10:30 BodyPump-Gayle 5:30 Zumba-Tracy</p>	<p>3 7:15 Adv.Step-Melanie 8:15 BodyPump-Valerie 9:30 Zumba-Alicia 10:30 ABS30-Alicia 11:00 YogaFlex-Lori</p>
<p>4 Fourth of July Gym closes @ 2:00pm. NO CLASSES</p>	<p>5 6:00 BodyPump-Geraldine 9:30 Zumba+-Alicia 10:30 YogaFlex-Melissa 12:00 BodyPump-Kristie 4:30 BodyCombat-Melanie 5:30 Zumba+-Valerie 6:15 BodyPump-Mike 7:30 Basic Step-Shurelle</p>	<p>6 8:30 Seniorcize-Ellen 9:30 Basic Step-Shurelle 10:30 BodyPump-Gayle 12:00 YogaFlex-Martha 1:00 Tai Chi for Arthritis+ 4:00 BodyPumpXP-Barbi 5:00 Build&Burn-Michael&Melanie 6:00 BodyJam-Toni 7:00 YogaFlex-Bill 8:00 Karate</p>	<p>7 6:00 BodyPump-Geraldine 8:00 YogaFlex-Jay 9:30 BodyFlow-Barbi 10:30 Build&Burn-Michael&Gayle 11:30 ABS30-Kristie 12:00 BodyPump-Kristie 5:00 BodyCombat-Kristin 6:00 Zumba-Tracy 7:00 Pilates-Nijah 8:00 Line Dancing-Benita</p>	<p>8 <u>All Staff Meeting 7pm.</u> 8:30 Seniorcize-Ellen 9:30 CardioBoxing-Michael 10:30 Butts&Gutts+-Karen&Gayle 12:00 YogaFlex-Martha 4:30 YogaFlex-Melissa 5:30 BodyStep-Carrie 6:30 BodyPump-Mike 8:00 Karate</p>	<p>9 6:00 BodyPump-Geraldine 8:15 YogaFlex-Jay 9:30 Zumba-Alicia 10:30 BodyPump-Gayle 5:30 Zumba-Tracy</p>	<p>10 7:15 Adv.Step-Karen 8:15 BodyPump-Carrie 9:30 Zumba-Tracy 10:30 ABS30-Lori 11:00 YogaFlex-Lori</p>
<p>11 8:15 BodyPump-Bekah 11:30 BodyFlow-Ruth 12:30 Cardioboxing-Michael 2:00 Zumba-Lori</p>	<p>12 6:00 BodyPump-Geraldine 9:30 Zumba+-Alicia 10:30 YogaFlex-Bill 12:00 Muscle Conditioning w/ Karen 4:30 BodyCombat-Melanie 5:30 Zumba+-Alicia 6:15 BodyPump-Mike 7:30 Basic Step-Shurelle</p>	<p>13 8:30 Seniorcize-Ellen 9:30 Basic Step-Karen 10:30 BodyPump-Geraldine 12:00 YogaFlex-Martha 1:00 Tai Chi for Arthritis+ 4:00 BodyPumpXP-Valerie 5:00 Build&Burn-Michael&Melanie 6:00 BodyJam-Annie 7:00 YogaFlex-Bill 8:00 Karate</p>	<p>14 6:00 BodyPump-Geraldine 8:00 YogaFlex-Jay 9:30 Pilates-John 10:30 Build&Burn-Michael&Karen 11:30 ABS30-Karen 12:00 BodyPump-John 5:00 BodyCombat-Melanie 6:00 Zumba-Alicia 7:00 BodyFlow-Carrie 8:00 Line Dancing-Benita</p>	<p>15 8:30 Seniorcize-Ellen 9:30 CardioBoxing-Michael 10:30 Butts&Gutts+-Karen 12:00 YogaFlex-Bill 4:30 YogaFlex-Bill 5:30 BodyStep-Carrie 6:30 BodyPump-Mike 8:00 Karate</p>	<p>16 6:00 BodyPump-Geraldine 8:15 YogaFlex-Jay 9:30 Zumba-Alicia 10:30 BodyPump-Geraldine 5:30 Jam-Toni</p>	<p>17 7:15 BodyStep-Karen 8:15 BodyPump-Mike 9:30 Zumba-Lori 10:30 ABS30-Lori 11:00 YogaFlex-Bill</p>
<p>18 8:15 BodyPump-Bekah 11:30 BodyFlow-Nijah 12:30 Cardioboxing-Michael 2:00 Zumba-Tracy</p>	<p>19 6:00 BodyPump-Geraldine 9:30 Zumba+-Alicia 10:30 YogaFlex-Bill 12:00 BodyPump-Gayle 4:30 BodyCombat-Melanie 5:30 Zumba+-Valerie 6:15 BodyPump-Mike 7:30 Basic Step-Shurelle</p>	<p>20 8:30 Seniorcize-Ellen 9:30 Basic Step-Karen 10:30 BodyPump-Kristie 12:00 YogaFlex-Bill 1:00 Tai Chi for Arthritis+ 4:00 BodyPumpXP-Valerie 5:00 Build&Burn-Michael&Melanie 6:00 BodyJam-Annie 7:00 YogaFlex-Bill 8:00 Karate</p>	<p>21 6:00 BodyPump-Geraldine 8:00 YogaFlex-Jay 9:30 Pilates-John 10:30 Build&Burn-Michael&Gayle 11:30 ABS30-Kristie 12:00 BodyPump-Kristie 5:00 BodyCombat-Melanie 6:00 Zumba-Tracy 7:00 Pilates-Nijah 8:00 Line Dancing-Benita</p>	<p>22 8:30 Seniorcize-Ellen 9:30 CardioBoxing-Michael 10:30 Butts&Gutts+-Karen&Gayle 12:00 YogaFlex-Bill 4:30 YogaFlex-Bill 5:30 BodyStep-Carrie 6:30 BodyPump-Mike 8:00 Karate</p>	<p>23 6:00 BodyPump-Geraldine 8:15 YogaFlex-Jay 9:30 Zumba-Valerie 10:30 BodyPump-Gayle 5:30 Zumba-Tracy</p>	<p>24 7:15 AdvStep-Melanie 8:15 BodyPump-Carrie 9:30 Zumba-Alicia 10:30 ABS30-Alicia 11:00 YogaFlex-Bill</p>
<p>25 8:15 BodyPump-Valerie 11:30 BodyFlow-Ruth 12:30 Cardioboxing-Michael 2:00 Zumba-Lori</p>	<p>26 6:00 BodyPump-Valerie 9:30 Zumba-Alicia 10:30 YogaFlex-Bill 12:00 BodyPump-Gayle 4:30 BodyCombat-Melanie 5:30 Zumba+-Tracy 6:15 BodyPump-Mike 7:30 Basic Step-Shurelle</p>	<p>27 8:30 Seniorcize-Ellen 9:30 Basic Step-Shurelle 10:30 BodyPump-Kristie 12:00 YogaFlex-Martha 1:00 Tai Chi for Arthritis+- 4:00 BodyPumpXP-Barbi 5:00 Build&Burn-Michael&Melanie 6:00 BodyJam-Toni 7:00 YogaFlex-Bill 8:00 Karate</p>	<p>28 6:00 BodyPump-Valerie 8:00 YogaFlex-Jay 9:30 BodyFlow-Barbi 10:30 Build&Burn-Michael&Gayle 11:30 ABS30-Gayle 12:00 BodyPump-Barbi 5:00 BodyCombat-Melanie 6:00 Zumba-Tracy 7:00 Pilates-Nijah 8:00 Line Dancing-Benita</p>	<p>29 8:30 Seniorcize-Ellen 9:30 CardioBoxing-Michael 10:30 Butts&Gutts+-Gayle 12:00 YogaFlex-Martha 4:30 YogaFlex-Melissa 5:30 BodyStep-Carrie 6:30 BodyPump-Mike 8:00 Karate</p>	<p>30 6:00 BodyPump-Valerie 8:15 YogaFlex-Jay 9:30 Zumba-Alicia 10:30 BodyPump-Gayle 5:30 Zumba-Tracy</p>	<p>31 <u>Les Mills Launches</u> 8:00 BodyPump-Gayle,Valerie,Mike 9:15 BodyStep-Carrie&Heidi 10:15 BodyCombat-Melanie&Angie</p>