

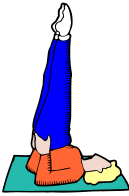




Sun	Mon	Tue	Wed	Thu	Fri	Sat
☀ KidsYogaCamp for children ages 5-9 every Wednesday morning in July! ☀ Join us for our BodyFlow New Release Launch July 21st at 10:30 am and 6:30 pm in Studio A. (no BodyFlow classes on July 19th) 				1 9:30 GentleYoga-Holly 10:30 Pilates-Carrie  6:00 BodyFlow-Michelle 7:00 YogaFlex-Holly	2 9:30 YogaFlex-Holly 10:30 BodyFlow-Michelle	3 <b>8:30 BodyFlow-Michelle</b> 9:30 YogaFlex-Lauren 10:30 GentleYoga-Lauren
4  Happy 4th of July!  Gym closes at 2 pm.	5 9:30 GentleYoga-Heather 10:30 YogaFlexXP-Melissa  12:15 BodyFlow (A)-Crystal  4:30 BodyFlow-John 6:00 GentleYoga-Crystal 7:00 BegYogaFlex-Heather	6 <b>9:30 BodyFlowXP-Crystal</b> 10:30 AdvPilates (A)-John  4:30 JrYoga-Heather 6:00 YogaFlex-Heather 7:00 GentleYoga-Heather	7 <b>8:45 KidsYogaCamp Heather</b> 9:30 YogaFlex-Melissa 10:30 BodyFlow (A)-Crystal  4:30 BegYogaFlex-Janell 6:00 BodyFlow-Crystal 7:00 YinYoga-Heather	8 <b>9:30 YinYoga-Heather</b> 10:30 Pilates-John  6:00 BodyFlow-Michelle 7:00 YogaFlex-Heather	9 9:30 YogaFlex-Melissa 10:30 BodyFlow-Michelle	10 9:30 YogaFlex-Lauren 10:30 GentleYoga-Lauren
11 Try GentleWallYoga this month! 	12 <b>9:30 GentleWallYoga-Holly</b> 10:30 YogaFlexXP-Holly  12:15 BodyFlow (A)-Crystal  4:30 BodyFlow-Michelle 6:00 GentleYoga-Holly 7:00 BegYogaFlex-Holly	13 <b>9:30 BegPilates-Carrie</b> 10:30 AdvPilates (A)-Carrie  4:30 JrYoga-Heather 6:00 YogaFlex-Holly 7:00 GentleYoga-Holly	14 <b>8:45 KidsYogaCamp Heather</b> 9:30 YogaFlex-Holly 10:30 BodyFlow (A)-Crystal  4:30 BegYogaFlex-Janell 6:00 Pilates-Carrie 7:00 YinYoga-Heather	15 9:30 GentleYoga-Holly 10:30 Pilates-Carrie  6:00 BodyFlow-Carrie 7:00 YogaFlex-Holly	16 <b>9:30 All Levels Hip Openers Yoga-Holly</b> 10:30 BodyFlow-Michelle	17 <b>8:30 BodyFlow-Michelle</b> 9:30 YogaFlex-Lauren <b>10:30 Massaging GentleYoga-Lauren</b>
18	19 9:30 GentleYoga-Holly 10:30 YogaFlexXP-Holly  12:15 pm and 4:30 pm BODYFLOW canceled today. Join us 7/21 for our New Release!  6:00 GentleYoga-Holly 7:00 BegYogaFlex-Holly	20 <b>9:30 YogalatesXP-Carrie</b> 10:30 AdvPilates (A)-Carrie  4:30 JrYoga-Heather 6:00 YogaFlex-Holly <b>7:00 GentleWallYoga-Holly</b>	<b>LES MILLS</b> <b>8:45 KidsYogaCamp Heather</b> 9:30 YogaFlex-Holly <b>10:30 BODYFLOW Launch (A)-Crystal&amp;Michelle</b>  4:30 BegYogaFlex-Janell 6:00 Pilates canceled <b>6:30 BODYFLOW Launch(A)- Carrie Michelle,Crystal</b> 7:00 YinYoga-Heather	22 <b>9:30 GentleWallYoga-Holly</b> 10:30 Pilates-Carrie  <b>6:00 Pilates-Carrie</b> 7:00 YogaFlex-Heather	23 9:30 YogaFlex-Holly 10:30 BodyFlow-Michelle&Carrie	24 9:30 YogaFlex-Lauren 10:30 GentleYoga-Lauren
25	26 9:30 GentleYoga-Holly 10:30 YogaFlexXP-Holly  12:15 BodyFlow (A)-Crystal  4:30 BodyFlow-Crystal 6:00 GentleYoga-Holly 7:00 BegYogaFlex-Holly	27 <b>9:30 BodyFlowXP-Crystal</b> 10:30 AdvPilates (A)-Holly  4:30 JrYoga-Heather 6:00 YogaFlex-Holly 7:00 GentleYoga-Holly	28 <b>8:45 KidsYogaCamp Heather</b> 9:30 YogaFlex-Heather 10:30 BodyFlow (A)-Crystal  4:30 BegYogaFlex-Janell 6:00 Pilates-Holly 7:00 YinYoga-Heather	29 9:30 GentleYoga-Holly 10:30 Pilates-Holly  6:00 BodyFlow-Carrie 7:00 YogaFlex-Janell	30 9:30 YogaFlex-Holly 10:30 BodyFlow-Crystal&Carrie	31 9:30 YogaFlex-Holly <b>10:30 GentleWall Yoga-Holly</b>
						<b>Crystal Smith</b> Group Fitness Manager 569-1600 csmith@amfamfit.com www.amfamfit.com