





# Mechanicsville Group X

## Studio A

# JULY 2010



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><b>Get ready for our Les Mills NEW RELEASE Launches!</b>  <b>July 19th: BODYSTEP, BODYPUMP &amp; BODYCOMBAT</b>  <b>July 21st: BODYFLOW &amp; BODYJAM</b>            July Changes:            Sunday 3:00 pm BodyStep will return in the Fall!            Tuesday 5:15 pm Abs is now 15 minutes            Tuesday night BodyPump is now at 5:30 pm            Friday 6:00 am BasicStep will be taking a Summer Break</p>				<p>1            8:30 Seniorcize-Crystal            9:30 BodyCombat-Penny            10:30 Abs30-Crystal            12:15 BodyPumpXP-Jen</p> <p>4:30 BodyStep-Deneen            5:30 BasicStep-Crystal            6:30 BodyPump-Patti            7:45 LineDancing-Kemel</p>	<p>2            8:30 BodyPumpXP-Crystal            9:30 AdvStep-Melissa            10:30 MC-Melissa</p> <p>4:30 BodyPump-Patti            6:00 BodyCombat-Patti</p>	<p>3            8:30 BodyStep-Deneen            9:30 BodyPump-Jen            11:00 AKB</p>
<p>4   <b>Happy 4th of July!</b>            10:30 BODYJAM-Michelle            11:30 BasicStep-Crystal            12:30 BodyPump-Crystal  <b>Gym closes at 2 pm</b></p>	<p>5            6:00 BootCamp-Ed            8:30 BodyCombat-Penny            9:30 BodyStep-Melissa            10:30 BodyPump-Jen            12:15 BodyFlow-Crystal</p> <p>4:30 BodyPumpXP-Crystal            5:30 BodyStep-Deneen            6:30 BootCamp-John            7:30 Zumba-Nicki</p>	<p>6            8:30 Seniorcize-Crystal            9:30 BG&amp;M-Jen            10:30 AdvPilates-John            12:15 BodyPumpXP-Crystal</p> <p>4:30 BasicStep-Felicia            5:15 Abs15-Felicia            5:30 BodyPump-Cindy            7:00 LineDancing-Kemel</p>	<p>7            6:00 BootCamp-Ed            8:30 BodyPumpXP-Melissa            9:30 BodyStep-Jen            10:30 BodyFlow-Crystal</p> <p>4:30 BG&amp;M-Crystal            5:30 BodyCombat-Patti            6:30 BootCamp-Cindy            7:30 BodyJam-Cindy</p>	<p>8            8:30 Seniorcize-Stacie            9:30 BodyCombat-Melissa            10:30 Abs30-Melissa            12:15 BodyPumpXP-Stacie</p> <p>4:30 BodyStep-Deneen            5:30 BasicSCT-Vangie            6:30 BodyPump-Patti            7:45 LineDancing-Kemel</p>	<p>9            8:30 BodyPumpXP-Melissa            9:30 AdvStep-Felicia            10:30 MC-Felicia</p> <p>4:30 BodyPump-Cindy            6:00 BodyCombat-Patti</p>	<p>10            8:30 BodyStep-Stacie            9:30 BodyPump-Geraldine            11:00 AKB</p>
<p>11            10:30 Zumba-Karla            11:15 Abs15-Karla            11:30 BasicStep-Karla            12:30 BodyPump-Patti            2:00 BodyCombat-Patti</p>	<p>12            6:00 BootCamp-Ed            8:30 BodyCombat-Melissa            9:30 BodyStep-Melissa            10:30 BodyPump-Jen            12:15 BodyFlow-Crystal</p> <p>4:30 BodyPumpXP-Stacie            5:30 BodyStep-John            6:30 BootCamp-John            7:30 Zumba-Nicki</p>	<p>13            8:30 Seniorcize-Stacie            9:30 BG&amp;M-Stacie            10:30 AdvPilates-Carrie            12:15 BodyPumpXP-Jen</p> <p>4:30 BasicStep-Vangie            5:15 Abs15-Patti            5:30 BodyPump-Patti            7:00 LineDancing-Kemel</p>	<p>14            6:00 BootCamp-Ed            8:30 BodyPumpXP-Melissa            9:30 BodyStep-Melissa            10:30 BodyFlow-Crystal</p> <p>4:30 BG&amp;M-Jen            5:30 Zumba-Cindy            6:30 BootCamp-Stacie            7:30 BodyJam-Michelle</p>	<p>15            8:30 Seniorcize-Stacie            9:30 BodyCombat-Penny            10:30 Abs30-Stacie            12:15 BodyPumpXP-Crystal</p> <p>4:30 BodyStep-Stacie            5:30 BasicStep-Crystal            6:30 BodyPump-Cindy            7:45 LineDancing-Kemel</p>	<p>16            No classes in Studio A today due to instructor training. Please see Mind/Body and Cycling Schedule for classes.</p>	<p>17            8:30 BodyStep-Jen            9:30 BodyPump-Melissa            11:00 AKB</p>
<p>18            10:30 Zumba-Karla            11:15 Abs15-Karla            11:30 BasicStep-Felicia            12:30 BodyPump-Cindy            2:00 BodyCombat-Patti</p>	<p><b>LES MILLS</b>            6:00 BootCamp-Ed  <b>New Release Launch!</b>            9:15 BodyStep-Melissa, Jen, Deneen            10:30 BodyPump-Melissa, Jen, Crystal            4:30 BodyPump-John, Stacie, Crystal            5:45 BodyStep-John, Stacie, Deneen            7:00 BodyCombat-Patti, Penny, Melissa</p>	<p>20            8:30 Seniorcize-Stacie            9:30 BG&amp;M-Stacie            10:30 AdvPilates-Carrie            12:15 BodyPumpXP-Stacie &amp; Crystal</p> <p>4:30 BasicStep-Crystal            5:15 Abs15-Crystal            5:30 BodyPump-John&amp;Crystal            7:00 LineDancing-Kemel</p>	<p><b>LES MILLS</b>            6:00 BootCamp-Ed            8:30 BodyPumpXP-Stacie&amp;Melissa            9:30 BodyStep-Jen&amp;Melissa            10:30 BodyFlowLaunch-Crystal&amp;Michelle            4:30 BG&amp;M-Rebecca            5:30 BodyCombat-Patti&amp;Penny            6:30 BodyFlowLaunch-Carrie,Michelle,Crystal            7:30 BodyJamLaunch-Michelle&amp;Cindy</p>	<p>22            8:30 Seniorcize-Stacie            9:30 BodyCombat-Penny&amp;Melissa            10:30 Abs30-Melissa            12:15 BodyPumpXP-Stacie</p> <p>4:30 BodyStep-Deneen&amp;Stacie            5:30 BasicSCT-Jen            6:30 BodyPump-Patti&amp;Cindy            7:45 LineDancing-Kemel</p>	<p>23            8:30 BodyPumpXP-Stacie&amp;Melissa            9:30 AdvStep-Jen            10:30 MC-Jen</p> <p>4:30 BodyPump-Patti&amp;Melissa            6:00 BodyCombat-Patti&amp;Penny</p>	<p>24            8:30 BodyStep-Stacie&amp;Deneen            9:30 BodyPump-Patti&amp;Melissa            11:00 AKB</p>
<p>25            10:30 Zumba-Nicki            11:15 Abs15-Karla            11:30 BasicStep-Karla            12:30 BodyPump-Patti            2:00 BodyCombat-Patti</p> <p></p>	<p>26            6:00 BootCamp-Ed            8:30 BodyCombat-Penny&amp;Melissa            9:30 BodyStep-Melissa            10:30 BodyPump-Jen            12:15 BodyFlow-Crystal</p> <p>4:30 BodyPumpXP-Crystal            5:30 BodyStep-Stacie            6:30 BootCamp-Stacie            7:30 Zumba-Nicki</p>	<p>27            8:30 Seniorcize-Stacie            9:30 BG&amp;M-Rebecca            10:30 AdvPilates-Holly            12:15 BodyPumpXP-Melissa</p> <p>4:30 BasicStep-Felicia            5:15 Abs15-Felicia            5:30 BodyPump-Patti            7:00 LineDancing-Kemel</p>	<p>28            6:00 BootCamp-Ed            8:30 BodyPumpXP-Melissa            9:30 BodyStep-Melissa            10:30 BodyFlow-Crystal</p> <p>4:30 BG&amp;M-Melissa            5:30 BodyCombat-Patti            6:30 BootCamp-Stacie            7:30 BodyJam-Cindy</p>	<p>29            8:30 Seniorcize-Stacie            9:30 BodyCombat-Penny            10:30 Abs30-Crystal            12:15 BodyPump-Crystal</p> <p>4:30 BodyStep-Deneen            5:30 BasicStep-Vangie            6:30 BodyPump-Cindy            7:45 LineDancing-Kemel</p>	<p>30            8:30 BodyPumpXP-Stacie            9:30 AdvStep-Melissa            10:30 MC-Melissa</p> <p>4:30 BodyPump-Cindy            6:00 BodyCombat-Patti</p>	<p>31            8:30 BodyStep-Deneen            9:30 BodyPump-Patti            11:00 AKB</p> <p><b>Crystal Smith</b>  <b>Group Fitness Manager</b>            569-1600            csmith@amfamfit.com            www.amfamfit.com</p>