





Group Cycling and Runner's Club

July 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat		
<p>Family Cycle will return in the Fall.</p> <p>Don't forget our 12:15 pm Lunch Time Rides on Mondays and Wednesdays</p> <p>Join Rebecca for Cycle60 on July 3rd and 17th at 8:30 am</p> <p>Join Patti for BodyCombat New Release in Studio A on July 19th instead of Cycling and Strive!</p>						<p>1 6:00 Cycle45-Ed 9:30 Cycle45-Rebecca</p>	<p>2 7:00 H2OStrive 6:00 Cycle45-Ed 9:30 Cycle45-Jen&Crystal</p>	<p>3 7:30 BegRC-Rebecca 8:30 Cycle60-Rebecca 9:00 RC-Ed 10:00 Cycle30-Ed</p>
<p>4  Happy 4th of July. No class today Gym closes at 2 pm</p>	<p>5 7:00 Strive 8:30 BegRC-Bud 9:30 Cycle45-Jen&Crystal 12:15 Cycle45-Michelle 5:30 Cycle45-Patti 5:45 BegRC-Rebecca 5:45 AdvRC-Ed 6:30 Strive-Patti</p>	<p>6 6:00 Cycle45-Rebecca 9:30 CycleStrength w/ Abs15*-Melissa 4:30 Cycle45-Michelle 6:00 Cycle45-Patti</p>	<p>7 7:00 Strive 9:30 Cycle45-Vangie 12:15 Cycle45-Rebecca 5:45 AdvRC-Ed 6:15 BegCycle-Michelle 7:00 Strive-Patti</p>	<p>8 6:00 Cycle45-Ed 9:30 Cycle45-Jen&Crystal 5:30 Cycle45-Patti</p>	<p>9 7:00 H2OStrive 6:00 Cycle45-Ed 9:30 Cycle45-Jen&Stacie</p>	<p>10 7:30 BegRC-Rebecca 8:30 Cycle45-Patti 9:00 RC-Ed 10:00 Cycle30-Ed</p>		
<p>11 2:00 BegCycle-Rebecca</p>	<p>12 7:00 Strive 8:30 BegRC-Bud 9:30 Cycle45-Jen 12:15 Cycle45-Michelle 5:30 Cycle45-Patti 5:45 BegRC-Rebecca 5:45 AdvRC-Ed 6:30 Strive-Patti</p>	<p>13 6:00 Cycle45-Rebecca 9:30 CycleStrength w/ Abs15*-Melissa 4:30 Cycle45-Rebecca 6:00 Cycle45-Stacie</p>	<p>14 7:00 Strive 9:30 Cycle45-Amy 12:15 Cycle45-Stacie 5:45 AdvRC-Ed 6:15 BegCycle-Patti 7:00 Strive-Patti</p>	<p>15 6:00 Cycle45-Ed 9:30 Cycle45-Jen 5:30 Cycle45-Patti</p>	<p>16 7:00 H2OStrive 6:00 Cycle45-Ed 9:30 Cycle45-John</p>	<p>17 7:30 BegRC-Rebecca 8:30 Cycle60-Rebecca 9:00 RC-Ed 10:00 Cycle30-Ed</p>		
<p>18 2:00 BegCycle-Rebecca</p>	<p>19 7:00 Strive 8:30 BegRC-Bud 9:30 Cycle45-Amy 12:15 Cycle45-Michelle 5:45 BegRC-Rebecca 5:45 AdvRC-Ed 5:30 Cycle & 6:30 Strive Canceled. Join us in Studio A for our Les Mills New Release Launch</p>	<p>20 6:00 Cycle45-Rebecca 9:30 CycleStrength w/ Abs15*-Melissa 4:30 Cycle45-Jen 6:00 Cycle45-Patti</p>	<p>21 7:00 Strive 9:30 Cycle45-Stacie 12:15 Cycle45-Rebecca 5:45 AdvRC 6:15 BegCycle-Stacie 7:00 Strive-Patti</p>	<p>22 6:00 Cycle45-Rebecca 9:30 Cycle45-Michelle 5:30 Cycle45-Michelle</p>	<p>23 7:00 H2OStrive 6:00 Cycle45-Rebecca 9:30 Cycle45-Melissa</p>	<p>24 7:30 BegRC-Rebecca 8:30 Cycle45-Jen 9:00 RC-Rebecca 10:00 Cycle30-Stacie</p>		
<p>25 2:00 BegCycle-Rebecca</p>	<p>26 7:00 Strive 8:30 BegRC-Bud 9:30 Cycle45-Jen 12:15 Cycle45-Stacie 5:30 Cycle45-Patti 5:45 BegRC-Rebecca 5:45 AdvRC-Ed 6:30 Strive-Patti</p>	<p>27 6:00 Cycle45-Rebecca 9:30 CycleStrength w/ Abs15*-Melissa 4:30 Cycle45-Rebecca 6:00 Cycle45-Stacie</p>	<p>28 7:00 Strive 9:30 Cycle45-Vangie 12:15 Cycle45-Stacie 5:45 AdvRC 6:15 BegCycle-Vangie 7:00 Strive-Patti</p>	<p>29 6:00 Cycle45-Ed 9:30 Cycle45-Stacie 5:30 Cycle45-Patti</p>	<p>30 7:00 H2OStrive 6:00 Cycle45-Ed 9:30 Cycle45-Crystal</p>	<p>31 7:30 BegRC-Rebecca 8:30 Cycle45-Rebecca 9:00 RC-Ed 10:00 Cycle30-Ed</p>		
						<p>Crystal Smith Group Fitness Manager 569-1600 clsmith@amfamfit.com www.amfamfit.com</p>		