

Are you new to Group x? Here's where to Get Started..



July

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 AMERICAN FAMILY FITNESS <small>FIT AS YOU WANT TO BE</small>				1 8:15 Butts, Gutts <u>and more</u> 9:30 <u>Get Moving</u> 11:00 <u>Begin- ning Yoga</u> 5:00 Abs Plus	2 8:30 Back Hab 11:00 <u>Begin- ning Yoga</u> 6:30 Zumba	3 8:30 Splash Out 9:30 Finning 10:45 Get Moving Cycle
4 <u>Happy 4th of July!</u> 	5 9:00 <u>Basic Strive</u> 9:30 <u>Absolution</u> 10:00 <u>Healthy Steps</u> 11:00 <u>Senior Stretch</u> 5:30 <u>Get Mov- ing</u> 8:00 <u>Basic Strive</u>	6 9:30 <u>Get Moving</u> 11:00 <u>Begin- ning Yoga</u> 4:00 <u>Zumba</u> 5:00 <u>Abs Plus</u> 7:30 <u>Basic Step</u>	7 9:15 <u>Splash Out</u> 9:00 <u>Butts, Gutts and more</u> 11:00 <u>Begin- ning Yoga</u> 5:30 <u>Get Moving</u> 7:00 <u>Finning</u>	8 8:15 <u>Butts, Gutts and more</u> 9:30 <u>Get Moving</u> 11:00 <u>Begin- ning Yoga</u> 5:00 <u>Abs Plus</u>	9 8:30 Back Hab 11:00 <u>Begin- ning Yoga</u> 6:30 Zumba	10 8:30 Splash Out 9:30 Finning 10:45 Get Moving Cycle
11 10:30 <u>Splash Out</u> 2:45 <u>Strive Ori- entation</u> 4:00 <u>Beginning Yoga</u> 6:00* <u>Line Dancing</u>	12 9:00 <u>Basic Strive</u> 9:30 <u>Absolution</u> 10:00 <u>Healthy Steps</u> 11:00 <u>Senior Stretch</u> 5:30 <u>Get Mov- ing</u> 8:00 <u>Basic Strive</u>	13 9:30 <u>Get Moving</u> 11:00 <u>Begin- ning Yoga</u> 4:00 <u>Zumba</u> 5:00 <u>Abs Plus</u> 7:30 <u>Basic Step</u>	14 9:15 <u>Splash Out</u> 9:00 <u>Butts, Gutts and more</u> 11:00 <u>Begin- ning Yoga</u> 5:30 <u>Get Moving</u> 7:00 <u>Finning</u>	15 8:15 <u>Butts, Gutts and more</u> 9:30 <u>Get Moving</u> 11:00 <u>Begin- ning Yoga</u> 5:00 <u>Abs Plus</u>	16 8:30 Back Hab 11:00 <u>Begin- ning Yoga</u> 6:30 Zumba	17 8:30 Splash Out 9:30 Finning 10:45 Get Moving Cycle
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JUNE 2010 GETTING STARTED CLASS DESCRIPTIONS

Any Questions contact Ashley Gibbs.... AGibbs@amfamfit.com

Body Jam: The cardio workout where you are free to enjoy the sensation of dance! Funky instructors teach you to move with attitude! *All fitness levels*

Body Flow: The Yoga, Tai Chi and Pilates workout that builds flexibility and strength and leaves you feeling centered and calm. *All Fitness Levels.*

Get Moving: Are you new to Group X and don't know where to start? This class gets you moving and having fun while introducing you to Lo Impact or Step if offered in the Group X Studio or Cycling if offered in the Cycling Studio. Get off on the right foot...literally! 45 minutes *All Fitness Levels.*

Beginning/Gentle Yoga: Enjoy the relaxing benefits of yoga while increasing strength & flexibility. Less vigorous than other yoga workouts. Great for Beginners or Special Populations (Seniors, Pregnant or Postpartum Mothers, etc.) *All Fitness Levels*

Basic Step: Designed for beginners or those desiring a less intense, less complex workout. Choreography is basic; no power moves - low impact. It will energize & challenge the body

Zumba: Dance your way to a fitter you! An aerobic workout using exciting and unique Latin moves and rhythms. Also incorporates dance moves from other cultures including Belly Dancing and Hula. *All Fitness Levels*

Splash Out: Challenge yourself as the instructor leads you through their choice of workout! (Many times this includes a workout with many of your favorite instructors together!).

Abs Plus: 30-minutes of core (abs/back) training plus additional muscle conditioning of the instructor's choice. Stretching included! *All fitness levels*

Basic Strive. The class will consist of a detailed explanation of the class and instruction on the proper use, set up and form needed for each piece of equipment. The class will include stretching, abdominal exercises, and strength-training exercises with equipment other weight machine.

Butts, Gutts, and More: Total body workout targets larger muscle groups with a special focus on glutes, hamstrings, and more.

Line Dancing: Get Busy While you Walk it Out! Crank Dat Booty Call! Step In the Name of Love while you Cupid Shuffle! Pop, Lock & Drop your ChaCha Slide! You'll be just fine as you dance your way to fitness. All Fitness Levels.