

West End Cycle August 2010



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>1 8:15*CycleBoot Camp Lisa K 9:45 Cycle Zen Ashley 4:00 Cycle/Abs Yulia</p>	<p>2 5:30 Cycle 60 Susan 8:15* Cycle/Strength Ashley 9:30 Cycle 60 Shelle 5:00 Cycle 45 Frank 6:00 Cycle 60 Emilie 7:15 Cycle 45 Joe</p>	<p>3 5:30 Cycle Boot Camp Susan 9:00 Video Cycle Lisa W 12:15 Cycle/Abs Kathi 4:15 Junior Cycle Ashley 6:00 Cycle 60 Shelle</p>	<p>4 5:30 Cycle/Abs Dee 8:15 Cycle 60 Kim W 9:30* Cycle/Strength Susan <i>10:45Abs 15 Susan</i> <u>4:15 Cycle Boot Camp Ashley</u> 6:00 Cycle 60 Lisa K</p>	<p>5 8:15 Cycle/Zen Lisa K 9:00 Cycle 60 Shelle 12:15 Cycle/Abs Ashley 6:00 Cycle 60 Bob 7:15 Cycle 45 Yulia</p>	<p>6 5:30 Cycle 60 Tara 8:15 * Cycle/Strength Kim W 9:30 Cycle 60 Dee 6:00 Cycle 60 Steve</p>	<p>7 <u>Classes cancelled for Instructor Training</u></p>
<p>8 8:15*CycleBoot Camp Lisa K 9:45 Cycle Zen Ashley 4:00 Cycle/Abs Yulia</p>	<p>9 5:30 Cycle 60 Tara 8:15* Cycle/Strength Kristy 9:30 Cycle 60 Shelle 5:00 Cycle 45 Frank 6:00 Cycle 60 Emilie 7:15 Cycle 45 Joe</p>	<p>10 5:30 Cycle Boot Camp Kim W 9:00 Cycle 60 Lisa W 12:15 Cycle/Abs Kathi 4:15 Junior Cycle Ashley 6:00 Cycle 60 Shelle</p>	<p>11 5:30 Cycle/Abs Kristy 8:15 Cycle 60 Kim W 9:30* Cycle/Strength Shelle <i>10:45Abs 15 Shelle</i> <u>4:15 Cycle Boot Camp Ashley</u> 6:00 Cycle 60 Lisa K</p>	<p>12 8:15 Cycle/Zen Lisa K 9:00 Cycle 60 Shelle 12:15 Cycle/Abs Kathi 6:00 Cycle 60 Bob 7:15 Cycle 45 Yulia</p>	<p>13 5:30 Video Cycle Joe 8:15 * Cycle/Strength Kim W 9:30 Cycle 60 Kristy 6:00 Cycle 60 Steve</p>	<p>14 8:00* Cycle/MC Tara 9:30 Cycle 60 Bob <i>10:45 Get Moving Ashley</i></p>
<p>15 8:15*CycleBoot Camp Lisa K 9:45 Cycle Zen Ashley 4:00 Cycle/Abs Kim W</p>	<p>16 5:30 Cycle 60 Tara 8:15* Cycle/Strength Kristy 9:30 Cycle 60 Shelle 5:00 Cycle 45 Frank 6:00 Cycle 60 Emilie 7:15 Cycle 45 Joe</p>	<p>17 5:30 Cycle Boot Camp Susan 9:00 Video Cycle Lisa W 12:15 Cycle/Abs Kathi 4:15 Junior Cycle Ashley 6:00 Cycle 60 Shelle</p>	<p>18 5:30 Cycle/Abs Kristy 8:15 Cycle 60 Kim W 9:30* Cycle/Strength Susan <i>10:45Abs 15 Susan</i> <u>4:15 Cycle Boot Camp Ashley</u> 6:00 Cycle 60 Lisa K</p>	<p>19 8:15 Cycle/Zen Lisa K 9:00 Cycle 60 Shelle 12:15 Cycle/Abs Kathi 6:00 Cycle 60 Bob 7:15 Cycle 45 Yulia</p>	<p>20 5:30 Cycle 60 Susan 8:15 * Cycle/Strength Ashley 9:30 Cycle 60 Kristy 6:00 Cycle 60 Steve</p>	<p>21 8:00* Cycle/MC Tara 9:30 Cycle 60 Bob <i>10:45 Get Moving Ashley</i></p>
<p>22 8:15*CycleBoot Camp Susan 9:45 Cycle Zen Ashley 4:00 Cycle/Abs Yulia</p>	<p>23 5:30 Cycle 60 Tara 8:15* Cycle/Strength Kristy 9:30 Cycle 60 Shelle 5:00 Cycle 45 Frank 6:00 Cycle 60 Emilie 7:15 Cycle 45 Joe</p>	<p>24 5:30 Cycle Boot Camp Susan 9:00 Cycle 60 Kim W 12:15 Cycle/Abs Ashley 4:15 Junior Cycle Ashley 6:00 Cycle 60 Shelle</p>	<p>25 5:30 Cycle/Abs Kristy 8:15 Cycle 60 Kim W 9:30* Cycle/Strength Susan <i>10:45Abs 15 Susan</i> <u>4:15 Cycle Boot Camp Ashley</u> 6:00 Cycle 60 Lisa K</p>	<p>26 8:15 Cycle/Zen Lisa K 9:00 Cycle 60 Shelle 12:15 Cycle/Abs Kathi 6:00 Cycle 60 Bob 7:15 Cycle 45 Yulia</p>	<p>27 5:30 Cycle 60 Susan 8:15 * Cycle/Strength Kim W 9:30 Cycle 60 Kristy 6:00 Cycle 60 Steve</p>	<p>28 8:00* Cycle/MC Tara 9:30 Cycle 60 Bob <i>10:45 Get Moving Kathi</i></p>
<p>29 8:15*CycleBoot Camp Lisa K 9:45 Cycle Zen Susan 4:00 Cycle/Abs Yulia</p>	<p>30 5:30 Cycle 60 Tara 8:15* Cycle/Strength Kristy 9:30 Cycle 60 Shelle 5:00 Cycle 45 Frank 6:00 Cycle 60 Emilie 7:15 Cycle 45 Joe</p>	<p>31 5:30 Cycle Boot Camp Susan 9:00 Video Cycle Lisa W 12:15 Cycle/Abs Kathi 4:15 Junior Cycle Ashley 6:00 Cycle 60 Shelle</p>	 <div style="border: 2px solid black; padding: 5px; margin: 10px auto; width: fit-content;"> <p style="text-align: center;"><i>Beginner friendly class</i> Family friendly class (ages 9 & older) Participants for family friendly cycle should be 4 feet 10 inches tall</p> </div>			

Please sign up at the front desk to reserve your spot!
You must have water in order to Ride.
Participants should be 14 years & older

Contact Us:
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KGrimes@amfamfit.com

Video Cycle
**Enjoy videos of your
favorite songs while you
ride!**