

West End Mind Body August 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>1 9:45 Cycle/Zen Ashley 11:15 Yoga Flex Kathi</p> <p>1:00 Pilates Diane</p> <p>4:00 <i>Beg Yoga</i> Michele</p> <p>5:00 Body Flow Sheena</p>	<p>2 5:45 Yoga Flex Michele</p> <p>9:30* Yoga Flex Kim 11:00 Body Flow Dee</p> <p>4:15 <u>Yoga Flex</u> Heather</p> <p>5:30+ Heated Vinyasa Challie</p> <p>7:00* Yin Yoga Shelle</p>	<p>3 8:15* Power Yoga Shelle</p> <p>9:30 Sun Salutations Michele</p> <p>11:00 <i>Beg Yoga Kathi</i> 12:15 Yoga Flex Challie</p> <p>5:30 Pilates Carrie 7:00 Body Flow Carrie</p>	<p>4 8:15 Pilates Carrie 9:30* Yoga Flex Jennifer</p> <p>11:00 Yin Yoga Deanne</p> <p>12:15 Pilates Diane 5:30 <i>Beg Yoga Michele</i> 7:00* Yoga Flex Lisa K</p>	<p>5 5:45 Yoga Flex Deanne 8:15* Cycle/Zen LisaK 9:30* Yogalates Kim 11:00 Beg Yoga Shelle 12:15 Body Flow Carrie</p> <p>4:15 <u>Yoga Flex Dee</u> 5:30 Body Flow Emilie 7:00 Pilates Diane</p>	<p>6 5:45 Pilates Angela 8:15 Yin Yoga Jennifer 9:30+ Power Yoga Kim</p> <p>11:00 Beg Yoga Deanne</p> <p>12:15 Yoga Flex Deanne</p> <p>5:30 Beg Yoga Jay 7:00* Power Yoga Jay</p>	<p>7 8:00* Yoga Flex Deanne</p> <p>9:15 Pilates Paula 10:30 Body Flow Emilie</p>
<p>8 9:45 Cycle/Zen Ashley 11:15 Yoga Flex Kathi</p> <p>1:00 Pilates Diane</p> <p>4:00 <i>Beg Yoga Kim W</i></p> <p>5:00 Body Flow Carrie</p>	<p>9 5:45 Yoga Flex Dee</p> <p>9:30* Yoga Flex Kim 11:00 Body Flow Dee</p> <p>4:15 <u>Yoga Flex</u> Heather</p> <p>5:30+ Heated Vinyasa Michele</p> <p>7:00* Yin Yoga Michele</p>	<p>10 8:15* Power Yoga Shelle</p> <p>9:30 Body Flow Kristy 11:00 <i>Beg Yoga Kathi</i> 12:15 Yoga Flex Heather</p> <p>5:30 Pilates Carrie 7:00 Body Flow Sheena</p>	<p>11 8:15 Pilates Paula 9:30* Yoga Flex Jennifer</p> <p>11:00 Yin Yoga Deanne</p> <p>12:15 Pilates Diane 5:30 <i>Beg Yoga Kathi</i> 7:00* Yoga Flex Lisa K</p>	<p>12 5:45 Yoga Flex Deanne 8:15* Cycle/Zen LisaK 9:30* Yogalates Kim 11:00 Beg Yoga Shelle 12:15 Body Flow Kristy</p> <p>4:15 <u>Yoga Flex Dee</u> 5:30 Body Flow Emilie 7:00 Pilates Diane</p>	<p>13 5:45 Pilates Diane 8:15 Yin Yoga Jennifer 9:30+ Power Yoga Kim</p> <p>11:00 Beg Yoga Heather</p> <p>12:15 Yoga Flex Heather</p> <p>5:30 Beg Yoga Jay 7:00* Power Yoga Jay</p>	<p>14 8:00* Yoga Flex Kathi</p> <p>9:15 Pilates Kim H 10:30 Body Flow Emilie & Sheena</p>
<p>15 9:45 Cycle/Zen Ashley 11:15 Yoga Flex Kathi</p> <p>1:00 Pilates Diane</p> <p>4:00 <i>Beg Yoga Heather</i></p> <p>5:00 Body Flow Sheena</p>	<p>16 5:45 Yoga Flex Michele</p> <p>9:30* Yoga Flex Kim 11:00 Body Flow Emilie</p> <p>4:15 <u>Yoga Flex</u> Heather</p> <p>5:30+ Heated Vinyasa Challie</p> <p>7:00* Yin Yoga Shelle</p>	<p>17 8:15* Power Yoga Shelle</p> <p>9:30 Body Flow Kristy 11:00 <i>Beg Yoga Kathi</i> 12:15 Yoga Flex Challie</p> <p>5:30 Pilates Carrie 7:00 Body Flow Kristy</p>	<p>18 8:15 Pilates Carrie 9:30* Yoga Flex Jennifer</p> <p>11:00 Yin Yoga Deanne</p> <p>12:15 Pilates Diane 5:30 <i>Beg Yoga Kathi</i> 7:00* Yoga Flex Lisa K</p>	<p>19 5:45 Yoga Flex Deanne 8:15* Cycle/Zen LisaK 9:30* Yogalates Kathi 11:00 Beg Yoga Shelle 12:15 Body Flow Kristy</p> <p>4:15 <u>Yoga Flex</u> Michele</p> <p>5:30 Body Flow Emilie 7:00 Pilates Diane</p>	<p>20 5:45 Pilates Angela 8:15 Yin Yoga Jennifer 9:30+ Power Yoga Michele</p> <p>11:00 Beg Yoga Challie</p> <p>12:15 Yoga Flex Challie</p> <p>5:30 Beg Yoga Jay 7:00* Power Yoga Jay</p>	<p>21 8:00* Yoga Flex Challie</p> <p>9:15 Pilates Diane 10:30 Body Flow Emilie</p>
<p>22 9:45 Cycle/Zen Ashley 11:15 Yoga Flex Shelle</p> <p>1:00 Pilates Diane</p> <p>4:00 <i>Beg Yoga</i> Michele</p> <p>5:00 Body Flow Carrie</p>	<p>23 5:45 Yoga Flex Michele</p> <p>9:30* Yoga Flex Kim 11:00 Body Flow Dee</p> <p>4:15 <u>Yoga Flex</u> Heather</p> <p>5:30+ Heated Vinyasa Challie</p> <p>7:00* Yin Yoga Michele</p>	<p>24 8:15* Power Yoga Shelle</p> <p>9:30 Body Flow Kristy 11:00 <i>Beg Yoga Shelle</i> 12:15 Yoga Flex Challie</p> <p>5:30 Pilates Carrie 7:00 Body Flow Sheena</p>	<p>25 8:15 Pilates Paula 9:30* Yoga Flex Michele</p> <p>11:00 Yin Yoga Deanne</p> <p>12:15 Pilates Diane 5:30 <i>Beg Yoga Michele</i> 7:00* Yoga Flex Lisa K</p>	<p>26 5:45 Yoga Flex Deanne 8:15* Cycle/Zen LisaK 9:30* Yogalates Kim 11:00 Beg Yoga Shelle 12:15 Body Flow Kristy</p> <p>4:15 <u>Yoga Flex Dee</u> 5:30 Body Flow Emilie 7:00 Pilates Diane</p>	<p>27 5:45 Pilates Angela 8:15 Yin Yoga Michele</p> <p>9:30+ Power Yoga Kim</p> <p>11:00 Beg Yoga Challie</p> <p>12:15 Yoga Flex Challie</p> <p>5:30 Beg Yoga Jay 7:00* Power Yoga Jay</p>	<p>28 8:00* Yoga Flex Challie</p> <p>9:15 Pilates Carrie 10:30 Body Flow Emilie</p> 
<p>29 9:45 Cycle/Zen Susan 11:15 Yoga Flex Kathi</p> <p>1:00 Pilates Diane</p> <p>4:00 <i>Beg Yoga</i> Michele</p> <p>5:00 Body Flow Carrie</p>	<p>30 5:45 Yoga Flex Michele</p> <p>9:30* Yoga Flex Kim 11:00 Body Flow Dee</p> <p>4:15 <u>Yoga Flex</u> Michele</p> <p>5:30+ Heated Vinyasa Challie</p> <p>7:00* Yin Yoga Shelle</p>	<p>31 8:15* Power Yoga Shelle</p> <p>9:30 Body Flow Kristy 11:00 <i>Beg Yoga Kathi</i> 12:15 Yoga Flex Challie</p> <p>5:30 Pilates Carrie 7:00 Body Flow Kristy</p>				
<div style="border: 2px solid black; padding: 5px; width: fit-content; margin: 0 auto;"> <p>Contact Us: 804-3641200 KGrimes@amfamfit.com</p> </div>				<div style="border: 2px solid black; padding: 5px; width: fit-content; margin: 0 auto;"> <p>*denotes 75 minute class +denotes 90 minute class All other classes 60 minutes Beginner friendly class Family friendly class (ages 9 & older)</p> </div>		