

Northside Cycle August 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
<p>1</p> <p>1:30 Cycle30-Alex</p>	<p>2</p> <p>5:45 Cycle45-Robin 12:10 Cycle45-Robin 5:30 Cycle45-Amy 6:30 Cycle30-Alex</p>	<p>3</p> <p>8:30 Cycle30-Michelle 6:30 Cycle45-Alex</p>	<p>4</p> <p>5:45 Cycle45-Robin 12:10 Cycle45-Kate&Preston 06:00 Cycle45-Amanda</p>	<p>5</p> <p>8:30 Cycle30-Alex 6:30 Cycle45-Damon</p>	<p>6</p> <p>5:45 Cycle60-Damon 12:10 Cycle45-Rachael</p>	<p>7</p> <p>8:00 Cycle45-Amy</p>	
<p>8</p> <p>1:30 Cycle30-Tammy</p>	<p>9</p> <p>5:45 Cycle45-Rebecca 12:10 Cycle45-Deanna 5:30 Cycle45-Robin 6:30 Cycle30-Robin</p>	<p>10</p> <p>8:30 Cycle30-Michelle 6:30 Cycle45-Robin</p>	<p>11</p> <p>5:45 Cycle45-Rebecca 12:10 Cycle45-Kate 6:00 Cycle45-Amy 7:00 Cycle Technique Improvement-Amy</p>	<p>12</p> <p>8:30 Cycle30-Deanna 6:30 Cycle45-Damon</p>	<p>13</p> <p>5:45 Cycle60-Rob 12:10 Cycle45-Rachael</p>	<p>14</p> <p>8:00 Cycle45-Robin</p>	
<p>15</p> <p>1:30 Cycle30-Robin</p>	<p>16</p> <p>5:45 Cycle45-Rebecca 12:10 Cycle45-Deanna 5:00 Cycle Technique Improvement-Amy 5:30 Cycle45-Amy 6:30 Cycle30-Robin</p>	<p>17</p> <p>8:30 Cycle30-Kristin 6:30 Cycle45-Amanda</p>	<p>18</p> <p>5:45 Cycle45-Rebecca 12:10 Cycle45-Preston 6:00 Cycle45-Amanda</p>	<p>19</p> <p>8:30 Cycle30-Deanna 6:30 Cycle45-Damon</p>	<p>20</p> <p>5:45 Cycle60-Rob 12:10 Cycle45-Rachael</p>	<p>21</p> <p>8:00 Cycle45-Damon 9:00 Cycle Technique Improvement-Damon</p>	
<p>22</p> <p>1:30 Cycle30-Alex</p>	<p>23</p> <p>5:45 Cycle45-Rebecca 12:10 Cycle45-Rebecca 5:30 Cycle45-Robin 6:30 Cycle30-Alex 7:15 Cycle Technique Improvement-Alex</p>	<p>24</p> <p>8:30 Cycle30-Robin 6:30 Cycle45-Amanda Cycle30=45 minutes Cycle45=60 minutes Cycle60=75 minutes</p>	<p>25</p> <p>5:45 Cycle45-Rebecca 12:10 Cycle45-Kate 6:00 Cycle45-Amy</p>	<p>26</p> <p>8:30 Cycle30-Alex 6:30 Cycle45-Damon</p>	<p>27</p> <p>5:45 Cycle60-Rob 12:10 Cycle45-Rachael</p>	<p>28</p> <p>8:00 Cycle45-Damon 9:00 Cycle Technique Improvement-Damon</p>	
<p>29</p> <p>1:30 Cycle30-Tammy</p>	<p>30</p> <p>5:45 Cycle45-Rebecca 12:10 Cycle45-Preston 5:30 Cycle45-Amy 6:30 Cycle30-Robin</p>	<p>31</p> <p>8:30 Cycle30-Kristin 6:30 Cycle45-Damon</p>	<p>Remember to sign up (up to) 24 hours in advance. -If you are new to cycling, please arrive 5 minutes early for assistance setting up your bike. -Remember to bring water and a towel. -Kids must be 4'11" to ride in kids' class.</p>			<p>Barbi Dunn Group Fitness Manager bdunn @ amfamfit.com</p>	