


















# Northside Group Fitness August 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
<p>1 10:30 AB++Fonz&amp;Rama  1:15 <b>BodyCombat</b>44-Rich 2:15 <b>BodyPump</b>74-Alex&amp;Mary 3:30 <b>BodyStep</b>80-Sallie 4:30 YogaFlex*-Janell</p> <p><b>NEW!!!</b></p>	<p>2 5:45 YogaFlex-Candy 9:15 <b>BodyPump</b>74-Rich&amp;Barbi  <b>10:30 ABS</b>30-Barbi  12:10 <b>BodyPump</b>XP74-Barbi &amp; Alex  5:15* BegAKB-Fonz&amp;Sue 6:30 <b>BodyPump</b>XP74-Robin&amp;Mary 7:30 LineDance-Kemel</p>	<p>3 5:45 <b>BodyPump</b>74-Sallie&amp;Robin 9:15 BGM-Alex  12:10 YogaFlex-Jay 5:15 <b>BodyStep</b>80-William 6:15 BC*-Amy&amp;Wade 7:30 BasicStep-Preston 8:30 Karate-AI</p>	<p>4 5:45 <b>BodyStep</b>80-Sallie 10:15 Pilates-Carrie  12:10 <b>BodyFlow</b>49-Barbi&amp;Janell 5:30 AKB+-Fonz&amp;Rama 6:30 <b>AKIDB</b>-Trish (See KidZone schedule) 7:00 YogaFlex*-Jay</p>	<p>5 5:45 YogaFlex-Jay 9:15 <b>BodyPump</b>74-Geraldine&amp;Barbi  12:10 YogaFlex-Candy 5:15 <b>BodyPump</b>74-William&amp;Barbi 6:30 Bootcamp-Wade 7:30 BellyDance-Trish 8:30 Karate-AI</p>	<p>6 9:15 YogaFlex-Yaco  12:10 <b>BodyPump</b>74-Alex&amp;Geraldine 5:15 AKB+-Fonz&amp;Rama</p> <p style="text-align: center;"></p>	<p>7 8:30 <b>BodyPump</b>74-Rich 9:45 AdvStep-Kate 10:45 Abs15-Kate 11:00 <b>BodyFlow</b>49-Janell 12:00 <b>BodyJam</b>53-Tammy</p> <p style="text-align: center; color: blue;">804-261-1000 <a href="http://www.amfamfit.com">www.amfamfit.com</a></p>	
<p>8 10:30 AB++Fonz&amp;Rama  1:15 <b>BodyCombat</b>-Rich 2:15 <b>BodyPump</b>74-Rich 3:30 <b>BodyStep</b>80-William 4:30 YogaFlex*-Janell</p>	<p>9 5:45 YogaFlex-Candy 9:15 <b>BodyPump</b>-Robin  <b>10:30 ABS</b>30-Barbi  12:10 <b>BodyPump</b>XP-Barbi  5:15* BegAKB-Fonz&amp;Sue 6:30 <b>BodyPump</b>XP-Geraldine 7:30 LineDance-Kemel</p>	<p>10 5:45 <b>BodyPump</b>-Sallie 9:15 BGM-Barbi  12:10 YogaFlex-Jay 5:15 <b>BodyStep</b>80-William 6:15 BC*-Amy&amp;Wade 7:30 BasicStep-Gwynne 8:30 Karate-AI</p>	<p>11 5:45 <b>BodyStep</b>80-Sallie 10:15 Pilates-Carrie  12:10 <b>BodyFlow</b>49-Janell 5:30 AKB+-Fonz&amp;Rama 6:30 <b>AKIDB</b>-Trish (See KidZone schedule) 7:00 YogaFlex*-Jay</p>	<p>12 5:45 YogaFlex-Jay 9:15 <b>BodyPump</b>-Robin  12:10 YogaFlex-Yaco 5:15 <b>BodyPump</b>-Barbi 6:30 Bootcamp-Wade 7:30 BellyDance-Trish 8:30 Karate-AI</p>	<p>13 9:15 YogaFlex-Janell  12:10 <b>BodyPump</b>-Rebecca 5:15 AKB+-Fonz&amp;Rama</p> <p style="text-align: center;"></p>	<p>14 8:30 <b>BodyPump</b>-Rebecca 9:45 AdvStep-Karla 10:45 Abs15-Karla 11:00 <b>BodyFlow</b>-Janell</p> <p style="text-align: center;"></p>	
<p>15 10:30 AB++Fonz&amp;Rama  1:15 <b>BodyCombat</b>-Rich 2:15 <b>BodyPump</b>-Rebecca 3:30 <b>BodyStep</b>-Sallie 4:30 YogaFlex*-Janell</p> <p style="text-align: center;"></p>	<p>16 5:45 YogaFlex-Candy 9:15 <b>BodyPump</b>-Rebecca  <b>10:30 ABS</b>30-Rebecca  12:10 <b>BodyPump</b>XP-Barbi  5:15* BegAKB-Fonz&amp;Sue 6:30 <b>BodyPump</b>XP-Geraldine 7:30 LineDance-Kemel</p>	<p>17 5:45 <b>BodyPump</b>-Sallie 9:15 BGM-Kristin  12:10 YogaFlex-Jay 5:15 <b>BodyStep</b>-William 6:15 BC*-Amy&amp;Wade 7:30 BasicStep-Gwynne 8:30 Karate-AI</p>	<p>18 5:45 <b>BodyStep</b>-Sallie 10:15 Pilates-Carrie  12:10 <b>BodyFlow</b>-Barbi 5:30 AKB+-Fonz&amp;Rama 6:30 <b>AKIDB</b>-Trish (See KidZone schedule) 7:00 YogaFlex*-Jay</p>	<p>19 5:45 YogaFlex-Jay 9:15 <b>BodyPump</b>-Robin  12:10 YogaFlex-Deanna 5:15 <b>BodyPump</b>-William 6:30 Bootcamp-Wade 7:30 BellyDance-Trish 8:30 Karate-AI</p>	<p>20 9:15 YogaFlex-Yaco  12:10 <b>BodyPump</b>-Alex 5:15 AKB+-Fonz&amp;Rama</p> <p style="text-align: center; color: red;">Barbi Dunn Group Fitness Manager bdunn @ amfamfit.com</p>	<p>21 Classes cancelled due to instructor training</p> <p style="text-align: center;"></p>	
<p>22 10:30 AB++Fonz&amp;Rama  1:15 <b>BodyCombat</b>-Tammy 2:15 <b>BodyPump</b>-Alex 3:30 <b>BodyStep</b>-William 4:30 YogaFlex*-Janell</p> <p style="text-align: center;"></p>	<p>23 5:45 YogaFlex-Candy 9:15 <b>BodyPump</b>-Alex  <b>10:30 AB</b>30-Alex  12:10 <b>BodyPump</b>XP-Barbi  5:15* BegAKB-Fonz&amp;Sue 6:30 <b>BodyPump</b>XP-Geraldine 7:30 LineDance-Kemel</p>	<p>24 5:45 <b>BodyPump</b>-Rebecca 9:15 BGM-Preston  12:10 YogaFlex-Jay 5:15 <b>BodyStep</b>-William 6:15 BC*-Amy&amp;Wade 7:30 BasicStep-Gwynne 8:30 Karate-AI</p>	<p>25 5:45 <b>BodyStep</b>-JenB 10:15 Pilates-Carrie  12:10 <b>BodyFlow</b>-Janell 5:30 AKB+-Fonz&amp;Rama 6:30 <b>AKIDB</b>-Trish&amp;John (See KidZone schedule) 7:00 YogaFlex*-Jay</p> <p style="text-align: center;"></p>	<p>26 5:45 YogaFlex-Jay 9:15 <b>BodyPump</b>-Rebecca  12:10 YogaFlex-Janell 5:15 <b>BodyPump</b>-Barbi 6:30 Bootcamp-Rebecca 7:30 BellyDance-Trish 8:30 Karate-AI</p>	<p>27 9:15 YogaFlex-Janell  12:10 <b>BodyPump</b>-Robin 5:15 AKB+-Fonz&amp;Rama</p> <p style="text-align: center;"></p>	<p>28 8:30 <b>BodyPump</b>-Rich 9:45 AdvStep-Karla 10:45 Abs15-Karla 11:00 <b>BodyFlow</b>-Janell 12:00 <b>BodyJam</b>-Tammy</p>	
<p>29 10:30 AB++Fonz&amp;Rama  1:15 <b>BodyCombat</b>-Rich 2:15 <b>BodyPump</b>-Robin 3:30 <b>BodyStep</b>-William 4:30 YogaFlex*-Janell</p>	<p>30 5:45 YogaFlex-Candy 9:15 <b>BodyPump</b>-Robin  <b>10:30 ABS</b>30-Barbi  12:10 <b>BodyPump</b>XP-Barbi  5:15* BegAKB-Fonz&amp;Sue 6:30 <b>BodyPump</b>XP-Alex 7:30 LineDance-Kemel</p>	<p>31 5:45 <b>BodyPump</b>-Rebecca 9:15 BGM-Kristin  12:10 YogaFlex-Jay 5:15 <b>BodyStep</b>-William 6:15 BC*-Amy&amp;Wade 7:30 BasicStep-Gwynne 8:30 Karate-AI</p>	<p style="text-align: center;"></p>	<p>804-261-1000    <a href="http://www.amfamfit.com">www.amfamfit.com</a></p>			<p style="text-align: center;"></p> <p style="text-align: center;">    </p> <p style="text-align: center;">        </p>