



Northside Group Fitness July 2010



Sun

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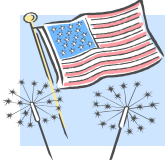
Tue

Wed

Thu

Fri

Sat

<p>Barbi Dunn Group Fitness Manager bdunn @ amfamfit.com</p> 	<p>804-261-1000 www.amfamfit.com</p> <p>LES MILLS LAUNCH WEEK BEGINS JULY 25</p>      			<p>1 5:45 YogaFlex-Jay 9:15 BodyPump-Robin</p> <p>12:10 YogaFlex-Deanna 5:15 BodyPump-Barbi 6:30 Bootcamp-Wade 7:30 BellyDance-Trish 8:30 Karate-Al</p>	<p>2 9:15 YogaFlex-Emilie</p> <p>12:10 BodyPump-Alex 5:15 AKB++Fonz&Rama</p>	<p>3 8:30 BodyPump-Rich</p> <p>9:45 DBL Step-Kate</p> <p>Join Kate for Advanced Step using two steps!</p> <p>10:45 Abs15-Kate 11:00 BodyFlow-Janell</p>
<p>4 9:00 Pump&Combat*- Alex&Tammy</p> <p>10:30 AB++Fonz&Rama</p> <p>Happy July 4th! Club Closes at 2pm</p> 	<p>5 5:45 YogaFlex-Emilie 9:15 BodyPump-Rebecca</p> <p>12:10 BodyPumpXP- Barbi NEW!!!!</p> <p>5:15* BegAKB-Fonz&Sue 6:30 BodyPumpXP- Geraldine 7:30 LineDance-Kemel</p>	<p>6 5:45 BodyPump-Robin 9:15 BGM-Alex</p> <p>12:10 YogaFlex-Jay 5:15 BodyStep-William 6:15 BC*-Amy&Wade 7:30 BasicStep-Gwynne 8:30 Karate-Al</p>	<p>7 5:45 BodyStep-Sallie 10:15 Pilates-John</p> <p>12:10 BodyFlow-Janell 5:30 AKB++Fonz&Rama 6:30AKIDB-Trish&Sue (See KidZone schedule) 7:00 YogaFlex*-Jay</p>	<p>8 5:45 YogaFlex-Jay 9:15 BodyPump-Rich</p> <p>12:10 YogaFlex-Deanna 5:15 BodyPump-William 6:30 Bootcamp-Wade 7:30 BellyDance-Trish 8:30 Karate-Al</p>	<p>9 9:15 YogaFlex-Janell</p> <p>12:10 BodyPump-Alex 5:15 AKB++Fonz&Rama</p> 	<p>10 8:30 BodyPump- Rebecca 9:45 AdvStep-Karla 10:45 Abs15-Karla 11:00 BodyFlow-Janell 12:00 BodyJam-Jessica</p>
<p>11 10:30 AB++Fonz&Rama</p> <p>1:15 BodyCombat-Rich 2:15 BodyPump- Rebecca 3:30 BodyStep-Erin 4:30 YogaFlex*-Janell</p>	<p>12 5:45 YogaFlex-Candy 9:15 BodyPump-Rich</p> <p>12:10 BodyPumpXP- Rebecca NEW!!!!</p> <p>5:15* BegAKB-Fonz&Sue 6:30 BodyPumpXP-Alex 7:30 LineDance-Kemel</p>	<p>13 5:45 BodyPump- Rebecca 9:15 BGM-Kristin</p> <p>12:10 YogaFlex-Jay 5:15 BodyStep-William 6:15 BC*-Amy&Wade 7:30 BasicStep-Gwynne 8:30 Karate-Al</p>	<p>14 5:45 BodyStep-Sallie 10:15 Pilates-Carrie</p> <p>12:10 BodyFlow-Janell 5:30 AKB++Fonz&Rama 6:30AKIDB-Trish&Sue (See KidZone schedule) 7:00 YogaFlex*-Jay</p>	<p>15 5:45 YogaFlex-Jay 9:15 BodyPump-Rich</p> <p>12:10 YogaFlex-Deanna 5:15 BodyPump-William 6:30 Bootcamp-Wade 7:30 BellyDance-Trish 8:30 Karate-Al</p>	<p>16 9:15 YogaFlex-Janell</p> <p>12:10 BodyPump-Alex 5:15 AKB++Fonz&Rama</p> 	<p>17 8:30 BodyPump-Robin</p> <p>9:45 XTREME STEP- Diane&Karla</p> <p>Advanced step with a focus on fast paced, dance inspired moves with little break down for a fun, non-stop cardio workout</p> <p>10:45 Abs15-Diane&Karla 11:00 BodyFlow-Janell</p>
<p>18 10:30 AB++Fonz&Rama</p> <p>1:15 BodyCombat- Tammy 2:15 BodyPump- Erin 3:30 BodyStep-William 4:30 YogaFlex*-Janell</p>	<p>19 5:45 YogaFlex-Candy 9:15 BodyPump-Robin</p> <p>12:10 BodyPumpXP- Barbi NEW!!!!</p> <p>5:15* BegAKB- Fonz&John 6:30 BodyPumpXP- Geraldine 7:30 LineDance-Kemel</p>	<p>20 5:45 BodyPump-Sallie 9:15 BGM-Preston</p> <p>12:10 YogaFlex-Jay 5:15 BodyStep-William 6:15 BC*-Amy&Wade 7:30 BasicStep-Gwynne 8:30 Karate-Al</p> 	<p>21 5:45 BodyStep-Sallie 10:15 Pilates-Carrie</p> <p>12:10 BodyFlow-Barbi 5:30 AKB++Fonz&Rama 6:30AKIDB-Trish (See KidZone schedule) 7:00 YogaFlex*-Jay</p>	<p>22 5:45 YogaFlex-Jay 9:15 BodyPump-Rich</p> <p>12:10 YogaFlex-Deanna 5:15 BodyPump-Barbi 6:30 Bootcamp-Wade 7:30 BellyDance-Trish 8:30 Karate-Al</p>	<p>23 9:15 YogaFlex-Emilie</p> <p>12:10 BodyPump- Geraldine 5:15 AKB++Fonz&Rama</p>	<p>24 8:30 BodyPump-Robin 9:45 AdvStep-Preston & Karla 10:45 Abs15- Preston&Karla 11:00 BodyFlow-Janell</p>
<p>25 10:30 AB++Fonz&Rama</p> <p>1:15 BodyCombat44- Tammy&Rich 2:15 BodyPump- Rebecca 3:30 BodyStep-Sallie 4:30 YogaFlex*-Janell</p>	<p>26 5:45 YogaFlex-Candy 9:15 BodyPump74- Rich&Robin</p> <p>12:10 BodyPumpXP74- Barbi&Alex NEW!!!!</p> <p>5:15* BegAKB- Fonz&John 6:30 BodyPumpXP74- Geraldine&Robin 7:30 LineDance-Kemel</p>	<p>27 5:45 BodyPump74- Sallie&Rebecca 9:15 BGM-Barbi</p> <p>12:10 YogaFlex-Jay 5:15 BodyStep80- William&Sallie 6:15 BC*-Amy&Wade 7:30 BasicStep-Mary 8:30 Karate-Al</p>	<p>28 5:45 BodyStep80-Sallie 10:15 Pilates-John</p> <p>12:10 BodyFlow49- Janell&Angie 5:30 AKB++Fonz&Rama 6:30AKIDB-Sam (See KidZone schedule) 7:00 YogaFlex*-Jay</p>	<p>29 5:45 YogaFlex-Jay 9:15 BodyPump74- Alex&Robin</p> <p>12:10 YogaFlex-Janell 5:15 BodyPump74- Barbi&William 6:30 Bootcamp-Wade 7:30 BellyDance-Trish 8:30 Karate-Al</p>	<p>30 9:15 YogaFlex-Janell</p> <p>12:10 BodyPump74- Alex&Robin 5:15 AKB++Fonz&Rama</p> 	<p>31 8:30 BodyPump74- Erin&Mary 9:45 AdvStep-Karla 10:45 Abs15-Karla 11:00 BodyFlow49- Janell&Barbi 12:00 BodyJam53- Jessica&Tammy</p>