

American Family Fitness August 2010 Southside Cycle Schedule

www.amfamfit.com 804.330.3400



Sun	Mon	Tue	Wed	Thu	Fri	Sat	
1 @3:10 Cycle 45 Melanie	2 6:00 Cycle45- Melanie 9:30 CycleAbs- John 5:30 Cycle45-Kelly 7:00 Cycle45- Sarah	3 10:45 CycleXP- Wendi 5:30 Cycle60- Melanie @7:30 IntroToCycle- Adrien	4 6:00 Cycle45-Corey 9:30 Cycle60-Amy 5:30 Cycle45-Sarah 7:00 Cycle45- Melanie	5 5:45 CycleSprint* Corey 5:30 Cycle60- Kelly 7:30 Cycle45- Pat	6 6:00 Cycle45- Melanie 9:30 Cycle45- Stephanie	7 8:05 CycleStrength* Stephanie 9:30 Cycle60- Sarah	
8 @3:10 Cycle 45 Stephanie	9 6:00 Cycle45- Lindsay 9:30 CycleAbs- Sharon 5:30 Cycle45-Kelly 7:00 Cycle45- Melanie	10 10:45 CycleXP- Chrissie 5:30 Cycle60- Sharon @7:30 IntroToCycle- Adrien	11 6:00 Cycle45-Corey 9:30 Cycle60- Tony 5:30 Cycle45-Sarah 7:00 Cycle45-Kelly	12 5:45 CycleStrength* Lindsay 5:30 Cycle60- Kelly 7:30 Cycle45- Pat	13 6:00 Cycle45- Lindsay 9:30 Cycle45- Kelly	14 8:05 CycleStrength* Lindsay 9:30 Cycle60- Pat	
15 @3:10 Cycle 45 Melanie	16 6:00 Cycle45- Melanie 9:30 CycleAbs- Sarah 5:30 Cycle45- Kelly 7:00 Cycle45- Adrien	17 10:45 CycleXP- Wendi 5:30 Cycle60- Mel @7:30 IntroToCycle- Adrien	18 6:00 Cycle45-Corey 9:30 Cycle60- Tony 5:30 Cycle45- Sarah 7:00 Cycle45- Chrissie	19 5:45 CycleSprint/Hills* Lindsay 5:30 Cycle60- Kelly EVENING CLASSES CANCELED DUE TO ALL STAFF EVENT	20 6:00 Cycle45- Melanie 9:30 Cycle45- Wendi	21 8:05 CycleStrength* Lindsay 9:30 Cycle60- Melanie	
22 @3:10 Cycle 45 Stephanie	23 6:00 Cycle45- Lindsay 9:30 CycleAbs- Chrissie 5:30 Cycle45-Kelly 7:00 Cycle45- Stephanie	24 10:45 CycleXP- Kelly 5:30 Cycle60- Sharon @7:30 IntroToCycle- BethY	25 6:00 Cycle45-Corey 9:30 Cycle60- Tony 5:30 Cycle45- Sarah 7:00 Cycle45- Adrien	26 5:45 CycleStrength* Lindsay 5:30 Cycle60- Kelly 7:30 Cycle45- Pat	27 6:00 Cycle45- Corey 9:30 Cycle45- Amy	28 8:05 CycleStrength* Lindsay 9:30 Cycle60- Kelly	
29 @3:10 Cycle 45 Melanie	30 6:00 Cycle45- Melanie 9:30 CycleAbs- Sharon 5:30 Cycle45-Kelly 7:00 Cycle45- Stephanie	31 10:45 CycleXP- Wendi 5:30 Cycle60- Melanie @7:30 IntroToCycle- Adrien	<p>Cycling classes improve lower body fitness, cardio vascular endurance, energy levels and strength. All fitness levels are welcome! Stay out of the heat and burn through some calories while you're at it! Come see what you've been missing!</p>			<p>Questions? Contact Group Fitness Manager Chrissie Mack cmack@amfamfit.com</p>	