


American Family Fitness August 2010 Southside Group X Schedule

www.amfamfit.com 804.330.3400



| Sun | Mon | Tue | Wed | Thu | Fri | Sat | |
|--|---|---|---|--|---|--|--|
| <p>1 9:30 Zumba&Abs*--Diane</p> <p>4:00 BodyPump--Erin</p> | <p>2 6:00 BodyPump-Diane 9:30 BodyCombat-Angie 10:30 BodyStep-Chrissie 12:00 Seniorcize ⊕ 4:30 BodyCombat-Heidi 5:30 AdvStep-Sharon 6:30 Butts,Guts&More-Jared 7:30 YogaFlex*-Jay</p> | <p>3 6:00 BootCamp-Tony 9:30 BodyPump-Wendi 10:45 BodyFlow-Angie 12:00 BootCampXP 4:30 BodyStep-Sarah 5:30 Zumba-Sophie 6:30 BodyPump--Chrissie 7:00 SPEW-Chris 7:45 BootCamp*-Eugene/Kelly</p> | <p>4 6:00 YogaFlex-Jay 9:30 BasicStep-Shannon 10:30 Butts,Guts&More-Jared 12:00 Seniorcize 4:30 BodyFlow-Chrissie 5:30 DoubleStep-Melanie ⊕ 6:30 BodyCombat--Wendi 7:30 Zumba-Diane</p> | <p>5 6:00 Butts&Guts-Jared 9:30 AdvStep-Dana 10:30 BodyPump-Dana 12:00 BootCampXP 4:30 SCT-Stephanie ⊕ 5:30 BodyJam-Angie 6:30 YogaFlex-Sarah 7:00 SPEW-JB 7:30 BootCamp-Eugene/Sarah</p> | <p>6 6:00 BodyPump-Chrissie 9:30 Zumba-Angela 10:30 GentleYoga-Rosemary 12:00 BootCamp-Eugene 4:00 BodyPump Laura & Norm ⊕ 5:15 BodyCombat-Amy 6:30 FighterFitness-JB</p> | <p>7 No classes in GX Studio due to instructor training.</p> <p>9:30 BootCamp+ (Meet outside of Group X Studio) Chrissie/Eugene</p> | |
| <p>8 9:30 BodyStep-Dana</p> <p>4:00 BodyPump-Laura</p> | <p>9 6:00 BodyPump-Diane 9:30 BodyCombat-Wendi 10:30 BodyStep-Chrissie 12:00 Seniorcize ⊕ 4:30 BodyCombat-Angie 5:30 AdvStep-Melanie 6:30 Butts,Guts&More-Jared 7:30 YogaFlex*-Jay</p> | <p>10 6:00 BootCamp-Lindsay 9:30 BodyPump-Chrissie 10:45 Yoga Flex-Beth W 12:00 BootCampXP 4:30 BodyStep-Sarah 5:30 Stidop54-Staci 6:30 BodyPump--BethT 7:00 SPEW-Chris 7:45 BootCamp*-Eugene/Kelly</p> | <p>11 6:00 YogaFlex-Jay 9:30 BasicStep-Dana 10:30 CoreRevolution-Dana 12:00 Seniorcize 4:30 Pilates-Kimi 5:30 AdvStep-Karla ⊕ 6:30 BodyCombat-Chrissie/Bobbi 7:30 Zumba-Diane</p> | <p>12 6:00 Butts&Guts-Jared 9:30 AdvStep-Sharon 10:30 BodyPump-Wendi 12:00 BootCampXP 4:30 BodyStep-Chrissie ⊕ 5:30 BodyJam-Angie 6:30 BodyFlow-Chrissie 7:00 SPEW-JB 7:30 BootCamp-Stephanie/Norm</p> | <p>13 6:00 BodyPump-BethT 9:30 Zumba-Diane 10:30 GentleYoga-BethW 12:00 BootCamp-Eugene 4:00 BodyPump Laura & Norm ⊕ 5:15 BodyCombat-Angie 6:30 FighterFitness-JB</p> | <p>14 8:15 SCT*-Shannon 9:30 BootCamp+ Sarah/Kelly</p> <p>⊕ 11:00 YogaFlex*-Beth W</p> <p>⊕ 4:00 GentleYoga-Rosemary</p> | |
| <p>15 9:30 Zumba & Abs*-Diane</p> <p>4:00 BodyPump-BethT</p> | <p>16 6:00 BodyPump-Amy 9:30 BodyCombat-Chrissie 10:30 BodyStep-Heidi 12:00 Seniorcize ⊕ 4:30 BodyCombat-Amy 5:30 LineDancing-Kimmel 6:30 Butts,Guts&More-Jared 7:30 YogaFlex*-Jay</p> | <p>17 6:00 BootCamp-Tony 9:30 BodyPump-Wendi 10:45 BodyFlow-Rose 12:00 BootCampXP 4:30 BodyStep-Sarah 5:30 Zumba-Sophie 6:30 BodyPump--Chrissie 7:00 SPEW-Chris 7:45 BootCamp*-Eugene/Kelly</p> | <p>18 6:00 YogaFlex-Jay 9:30 BasicStep-Shannon 10:30 Butts,Guts&More-Jared 12:00 Seniorcize 4:30 BodyFlow-Chrissie 5:30 DoubleStep-Melanie ⊕ 6:30 BodyCombat-Heidi 7:30 Zumba-Diane</p> | <p>19 6:00 Butts&Guts-Jared 9:30 AdvStep-Dana 10:30 BodyPump-Dana 12:00 BootCampXP</p> <p>4:30 SCT-Sharon ⊕ 5:30 BodyJam-Staci</p> <p>EVENING CLASSES CANCELED DUE TO ALL STAFF EVENT</p> | <p>20 6:00 BodyPump-Chrissie 9:30 Zumba-Angela 10:30 GentleYoga-Rosemary 12:00 BootCamp-Eugene 4:00 BodyPump Laura & Norm ⊕ 5:15 BodyCombat-Amy 6:30 FighterFitness-JB</p> | <p>21 8:15 SCT*-Shannon 9:30 BootCamp+ Eugene/Stephanie</p> <p>⊕ 11:00 YogaFlex*-Stephanie</p> <p>⊕ 4:00 GentleYoga-Candy</p> | |
| <p>22 9:30 Body Step-Dana</p> <p>4:00 BodyPump-BethT</p> | <p>23 6:00 BodyPump-Diane 9:30 BodyCombat-Wendi 10:30 BodyStep-Heidi 12:00 Seniorcize ⊕ 4:30 BodyCombat--Bobbi 5:30 AdvStep-Sharon 6:30 Butts,Guts&More-Jared 7:30 YogaFlex*-Jay</p> | <p>24 6:00 BootCamp-Lindsay 9:30 BodyPump-Chrissie 10:45 YogaFlex-Candy 12:00 BootCampXP 4:30 BodyStep-Chrissie 5:30 Studio54-Staci 6:30 BodyPump--Erin 7:00 SPEW-Chris 7:45 BootCamp*-Eugene/Stephanie</p> | <p>25 6:00 YogaFlex-Jay 9:30 BasicStep-Dana 10:30 CoreRevolution-Dana 12:00 Seniorcize 4:30 Pilates-Kimi 5:30 AdvStep-Karla ⊕ 6:30 BodyCombat-Chrissie 7:30 Zumba-Diane</p> | <p>26 6:00 Butts&Guts-Jared 9:30 AdvStep-Sharon 10:30 BodyPump-Wendi 12:00 BootCampXP</p> <p>4:30 BodyStep-Chrissie ⊕ 5:30 BodyJam-Amy 6:30 BodyFlow-Ruth 7:00 SPEW-JB 7:30 BootCamp-Stephanie/Norm</p> | <p>27 6:00 BodyPump-BethT 9:30 LineDancing-Kimmel 10:30 GentleYoga-Rosemary 12:00 BootCamp-Eugene 4:00 BodyPump Laura & Norm ⊕ 5:15 BodyCombat-Angie 6:30 FighterFitness-JB</p> | <p>28 8:15 SCT*-BethT 9:30 BootCamp+ Eugene/Sarah</p> <p>⊕ 11:00 YogaFlex*-Beth W</p> <p>⊕ 4:00 GentleYoga-Rosemary</p> | |
| <p>29 9:30 Zumba & Abs*-Stacie</p> <p>4:00 BodyPump-Erin</p> | <p>30 6:00 BodyPump-Laura 9:30 BodyCombat-Heidi 10:30 BodyStep-Chrissie 12:00 Seniorcize ⊕ 4:30 BodyCombat-Chrissie 5:30 LineDancing-Kimmel 6:30 Butts,Guts&More-Jared 7:30 YogaFlex*-Jay</p> | <p>31 6:00 BootCamp-Tony 9:30 BodyPump-Wendi 10:45 BodyFlow-Angie 12:00 BootCampXP 4:30 BodyStep-Sarah 5:30 Zumba-Sophie 6:30 BodyPump--Chrissie 7:00 SPEW-Chris 7:45 BootCamp*-Stephanie/Eugene</p> | <p><i>August is the official month of the SIX PACK AT SOUTHSIDE!</i></p> <p><i>Check out Core Revolution, Butts & Guts or Pilates and earn YOURS today!</i></p> | | |  <p>Questions? Contact Group Fitness Manager Chrissie Mack cmack@amfamfit.com</p> | |