

# 2010 August



WWW.AMFAMFIT.COM  
 American Family Fitness  
 FREDERICKSBURG, VIRGINIA

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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1. 12:00pm	2. 8:15am 9:30am 4:30pm 5:45pm 7:00pm	3. 10:00am 5:15pm 6:30pm 7:45pm	4. 8:15am 9:30am 5:45pm 7:00pm	5. 10:00am 5:00pm 7:00pm	6. 8:15am 9:30am 6:30pm	7. 9:00am 10:15am
8. 12:00pm	9. 8:15am 9:30am 4:30pm 5:45pm 7:00pm	10. 10:00am 5:15pm 6:30pm 7:45pm	11. 8:15am 9:30am 5:45pm 7:00pm	12. 10:00am 5:00pm 7:00pm	13. 8:15am 9:30am 6:30pm	14. 9:00am 10:15am
15. 12:00pm	16. 8:15am 9:30am 4:30pm 5:45pm 7:00pm	17. 10:00am 5:15pm 6:30pm 7:45pm	18. 8:15am 9:30am 5:45pm 7:00pm	19. 10:00am 5:00pm 7:00pm	20. 8:15am 9:30am 6:30pm	21. 9:00am 10:15am
22. 12:00pm	23. 8:15am 9:30am 4:30pm 5:45pm 7:00pm	24. 10:00am 5:15pm 6:30pm 7:45pm	25. 8:15am 9:30am 5:45pm 7:00pm	26. 10:00am 5:00pm 7:00pm	27. 8:15am 9:30am 6:30pm	28. 9:00am 10:15am
29. 12:00pm	30. 8:15am 9:30am 4:30pm 5:45pm 7:00pm	31. 10:00am 5:15pm 6:30pm 7:45pm			<h2>ROAD TRIP 2010</h2> <p>The Road Trip program begins Sunday, August 1<sup>st</sup>, and ends Thursday September 30<sup>th</sup>,</p>	

Children's Hospital  
 PEDIATRIC SPECIALTY CARE OF RICHMOND, VA

