



**AMERICAN FAMILY FITNESS**  
FIT AS YOU WANT TO BE

# Mechanicsville Mind&Body

## August 2010

Mind/Body Studio

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
<p>1</p> <div style="border: 1px solid black; padding: 5px;"> <p>Don't miss our <b>POWERYOGA</b> and extra <b>YINYOGA</b> classes this month!</p> </div>	<p>2</p> <p>9:30 GentleYoga-Holly 10:30 YogaFlexXP-Holly</p> <p>12:15 BodyFlow (A)-Carrie</p> <p>4:30 BodyFlow-Michelle 6:00 GentleYoga-Holly 7:00 BegYogaFlex-Heather</p>	<p>3</p> <p>9:30 BodyFlowXP-Carrie 10:30 PilatesPlus (A)-Carrie</p> <p>4:30 JrYoga-Heather 6:00 YogaFlex-Holly 7:00 GentleYoga-Holly</p>	<p>4</p> <p>9:30 YogaFlex-Holly 10:30 BodyFlow (A)-Crystal</p> <p>4:30 BegYogaFlex-Janell 6:00 Pilates-Carrie 7:00 YinYoga-Heather</p>	<p>5</p> <p>9:30 GentleYoga-Holly 10:30 Pilates-Carrie</p> <p>6:00 BodyFlow-Michelle 7:00 YogaFlex-Janell</p>	<p>6</p> <p>9:30 YogaFlex-Holly 10:30 BodyFlow-Michelle</p>	<p>7</p> <p><b>8:30 BodyFlow-Carrie</b> 9:30 YogaFlex-Lauren 10:30 GentleYoga-Lauren</p>	
<p>8</p>	<p>9</p> <p><b>9:30 YinYoga-Holly</b> 10:30 YogaFlexXP-Holly</p> <p>12:15 BodyFlow (A)-Crystal</p> <p>4:30 BodyFlow-Carrie 6:00 GentleYoga-Yaco 7:00 BegYogaFlex-Yaco</p>	<p>10</p> <p>9:30 BodyFlowXP-Carrie 10:30 PilatesPlus (A)-Carrie</p> <p>4:30 JrYoga-Heather 6:00 YogaFlex-Yaco 7:00 GentleYoga-Yaco</p>	<p>11</p> <p>9:30 YogaFlex-Yaco 10:30 BodyFlow (A)-Crystal</p> <p>4:30 BegYogaFlex-Yaco 6:00 Pilates-Carrie 7:00 YinYoga-Heather</p>	<p>12</p> <p>9:30 GentleYoga-Holly 10:30 Pilates-Holly</p> <p>6:00 BodyFlow-Carrie 7:00 YogaFlex-Holly</p>	<p>13</p> <p>9:30 YogaFlex-Holly 10:30 BodyFlow-Michelle</p>	<p>14</p> <p><b>8:30 BodyFlow-Michelle</b> 9:30 YogaFlex-Yaco 10:30 GentleYoga-Yaco</p>	
<p>15</p> <div style="border: 1px solid black; padding: 5px;"> <p>Need a little down time in the middle of your day? Join us for <b>BODYFLOW</b> at 12:15 pm on Mondays in Studio A. A great way to distress after a busy morning, or to experience a relaxing lunch break!</p> </div>	<p>16</p> <p>9:30 GentleYoga-Holly 10:30 YogaFlexXP-Holly</p> <p>12:15 BodyFlow (A)-Crystal</p> <p>4:30 BodyFlow-Michelle 6:00 GentleYoga-Yaco 7:00 BegYogaFlex-Yaco</p>	<p>17</p> <p>9:30 BodyFlowXP-Carrie 10:30 PilatesPlus (A)-Carrie</p> <p>4:30 JrYoga-Heather 6:00 YogaFlex-Holly 7:00 GentleYoga-Holly</p>	<p>18</p> <p><b>9:30 PowerYoga-Holly</b> 10:30 BodyFlow (A)-Crystal</p> <p>4:30 BegYogaFlex-Yaco 6:00 Pilates-Carrie 7:00 YinYoga-Heather</p>	<p>19</p> <p>9:30 GentleYoga-Holly 10:30 Pilates-Carrie</p> <p>6:00 BodyFlow-Carrie 7:00 YogaFlex-Holly</p>	<p>20</p> <p>9:30 YogaFlex-Melissa 10:30 BodyFlow-Michelle</p>	<p>21</p> <p><b>8:30 BodyFlow-Carrie</b> 9:30 YogaFlex-Lauren 10:30 GentleYoga-Lauren</p>	
<p>22</p>	<p>23</p> <p>9:30 GentleYoga-Holly 10:30 YogaFlexXP-Holly</p> <p>12:15 BodyFlow (A)-Crystal</p> <p>4:30 BodyFlow-Carrie 6:00 GentleYoga-Yaco 7:00 BegYogaFlex-Yaco</p>	<p>24</p> <p>9:30 BodyFlowXP-Carrie 10:30 PilatesPlus (A)-Carrie</p> <p>4:30 JrYoga-Heather <b>6:00 PowerYoga-Holly</b> 7:00 GentleYoga-Holly</p>	<p>25</p> <p>9:30 YogaFlex-Melissa 10:30 BodyFlow (A)-Crystal</p> <p>4:30 BegYogaFlex-Yaco 6:00 Pilates-Carrie 7:00 YinYoga-Heather</p>	<p>26</p> <p><b>9:30 YinYoga-Heather</b> 10:30 Pilates-Carrie</p> <p>6:00 BodyFlow-Carrie 7:00 YogaFlex-Heather</p>	<p>27</p> <p>9:30 YogaFlex-Melissa 10:30 BodyFlow-Michelle</p>	<p>28</p> <p><b>8:30 BodyFlow-Michelle</b> 9:30 YogaFlex-Holly 10:30 GentleYoga-Holly</p>	
<p>29</p> <p>Crystal Smith Group Fitness Manager clsmith@ amfamfit.com 569-1600 www.amfamfit.com</p>	<p>30</p> <p>9:30 GentleYoga-Holly 10:30 YogaFlexXP-Holly</p> <p>12:15 BodyFlow (A)-Crystal</p> <p>4:30 BodyFlow-Michelle 6:00 GentleYoga-Yaco 7:00 BegYogaFlex-Yaco</p>	<p>31</p> <p>9:30 BodyFlowXP-Carrie 10:30 PilatesPlus (A)-Carrie</p> <p>4:30 JrYoga-Yaco 6:00 YogaFlex-Holly 7:00 GentleYoga-Holly</p>	<p>Did you know that Mind/Body Exercises such as Yoga, Pilates and BodyFlow have many health benefits such as developing your flexibility, strength, and balance? In addition, when practiced regularly it can help improve your posture, concentration and mood leaving you feel more calm and less stressed. Mind/Body workouts can also help lower blood pressure and slow the heart rate which can benefit people with hypertension, heart disease and stroke. It may also help with chronic conditions by relieving symptoms of asthma, back pain and arthritis. Why not take a class and see for yourself all the great things it can do for you?</p>				