





# Mechanicsville

## Group Cycling, Runners Club and Strive

### August 2010

Cross Training Room

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>1</p> <p>2:00 BegCycle-Rebecca</p>	<p>2</p> <p>7:00 Strive 8:30 BegRC-Bud 9:30 Cycle45-Stacie</p> <p>12:15 Cycle45-Michelle</p> <p>5:30 Cycle45-Patti 5:45 BegRC-Rebecca 5:45 AdvRC-Ed 6:30 Strive-Patti</p>	<p>3</p> <p>6:00 Cycle45-Rebecca 9:30 CycleStrengthw/ Abs15*-Michelle</p> <p>4:30 Cycle45-John 6:00 Cycle45-Rebecca</p>	<p>4</p> <p>7:00 Strive 9:30 Cycle45-Michelle</p> <p>12:15 Cycle45-Crystal</p> <p>5:45 AdvRC-Ed 6:15 BegCycle-Patti 7:00 Strive-Patti</p>	<p>5</p> <p>6:00 Cycle45-Ed 9:30 Cycle45-Stacie</p> <p>5:30 Cycle45-Rebecca</p>	<p>6</p> <p>7:00 H2OStrive 6:00 Cycle45-Ed 9:30 Cycle45-Jen</p>	<p>7</p> <p>8:30 Cycle45-Michelle 9:00 RC-Ed 10:00 Cycle30-Ed</p>
<p>8</p> <p>2:00 BegCycle-Stacie</p>	<p>9</p> <p>7:00 Strive 8:30 BegRC-Bud 9:30 Cycle45-Amy</p> <p>12:15 Cycle45-Stacie</p> <p>5:30 Cycle45-Patti 5:45 AdvRC-Ed 6:30 Strive-Patti</p>	<p>10</p> <p>6:00 Cycle45-Jen 9:30 CycleStrengthw/ Abs15*-Melissa</p> <p>4:30 Cycle45-Jen 6:00 Cycle45-Patti</p>	<p>11</p> <p>7:00 Strive- 9:30 Cycle45-Vangie</p> <p>12:15 Cycle45-Michelle</p> <p>5:45 AdvRC-Ed 6:15 BegCycle-Stacie 7:00 Strive-Patti</p>	<p>12</p> <p>6:00 Cycle45-Ed 9:30 Cycle45-Michelle</p> <p>5:30 Cycle45-Patti</p>	<p>13</p> <p>7:00 H2OStrive 6:00 Cycle45-Ed 9:30 Cycle45-Michelle</p>	<p>14</p> <p>8:30 Cycle45-Patti 9:00 RC-Ed 10:00 Cycle30-Ed</p>
<p>15</p> <p>2:00 BegCycle-Jen</p>	<p>16</p> <p>7:00 Strive 8:30 BegRC-Bud 9:30 Cycle45-Amy</p> <p>12:15 Cycle45-Michelle</p> <p>5:30 Cycle45-Patti 5:45 AdvRC-Ed 6:30 Strive-Patti</p>	<p>17</p> <p>6:00 Cycle45-Jen 9:30 CycleStrengthw/ Abs15*-Melissa</p> <p>4:30 Cycle45-Jen 6:00 Cycle45-Patti</p>	<p>18</p> <p>7:00 Strive 9:30 Cycle45- Crystal&amp;Penny</p> <p>12:15 Cycle45-Stacie</p> <p>5:45 AdvRC-Ed 6:15 BegCycle-Patti 7:00 Strive-Patti</p>	<p>19</p> <p>6:00 Cycle45-Ed 9:30 Cycle45-Michelle</p> <p>5:30 Cycle45- Patti&amp;Penny</p>	<p>20</p> <p>7:00 H2OStrive 6:00 Cycle45-Ed 9:30 Cycle45- Crystal&amp;Penny</p>	<p>21</p> <p>8:30 Cycle45-Patti 9:00 RC-Ed 10:00 Cycle30-Ed</p>
<p>22</p> <p>2:00 BegCycle-Michelle</p>	<p>23</p> <p>7:00 Strive 8:30 BegRC-Bud 9:30 Cycle45-Amy</p> <p>12:15 Cycle45-Stacie</p> <p>5:30 Cycle45-Patti 5:45 AdvRC-Ed 6:30 Strive-Patti</p>	<p>24</p> <p>6:00 Cycle45-Rebecca 9:30 CycleStrengthw/ Abs15*-Melissa</p> <p>4:30 Cycle45-Michelle 6:00 Cycle45-Rebecca</p>	<p>25</p> <p>7:00 Strive 9:30 Cycle45-Crystal</p> <p>12:15 Cycle45-Michelle</p> <p>5:45 AdvRC-Ed 6:15 BegCycle- Rebecca 7:00 Strive-Patti</p>	<p>26</p> <p>6:00 Cycle45-Ed 9:30 Cycle45-Vangie</p> <p>5:30 Cycle45-Patti</p>	<p>27</p> <p>7:00 H2OStrive 6:00 Cycle45-Ed 9:30 Cycle45-Michelle</p>	<p>28</p> <p>7:30 BegRC-Rebecca 8:30 Cycle45-Rebecca 9:00 RC-Ed 10:00 Cycle30-Ed</p>
<p>29</p> <p>2:00 BegCycle-Rebecca</p>	<p>30</p> <p>7:00 Strive 8:30 BegRC-Bud 9:30 Cycle45-Rebecca</p> <p>12:15 Cycle45-Michelle</p> <p>5:30 Cycle45-Patti 5:45 BegRC-Rebecca 5:45 AdvRC-Ed 6:30 Strive-Patti</p>	<p>31</p> <p>6:00 Cycle45-Rebecca 9:30 CycleStrengthw/ Abs15*-Melissa</p> <p>4:30 Cycle45-Michelle 6:00 Cycle45-Rebecca</p>	 <div style="display: flex; justify-content: space-between; align-items: center;"> <div style="text-align: center;"> <p><b>Crystal Smith</b> Group Fitness Manager clsmith@ amfamfit.com 569-1600 <a href="http://www.amfamfit.com">www.amfamfit.com</a></p> </div>  </div>			