

Colonial Heights GroupX August 2010



www.amfamfit.com
520-7000



Sun	mon	Tues	Wed	Thurs	Fri	Sat	
1 8:15 Muscle Conditioning w/ Melanie 11:30 BodyFlow Launch Nijah & Ruth 12:30 Cardioboxing-Michael 2:00 Zumba-Tracy	2 6:00 BodyPump-Valerie 9:30 Zumba+-Alicia 10:30 YogaFlex-Bill 12:00 Muscle Conditioning-Cheryl 4:30 BodyCombat-Tammy 5:30 Zumba+-Alicia 6:15 BodyPump-Mike 7:30 Basic Step-Shurelle	3 8:30 Seniorcize-Ellen 9:30 Basic Step-Karen 10:30 BodyPump-Kristie 12:00 YogaFlex-Martha 1:00 Tai Chi for Arthritis+ 4:00 BodyPumpXP-Carrie 5:00 Build&Burn-Michael&Melanie 6:00 BodyJam Launch -Annie 7:00 Yoga-Flex-Bill 8:00 Karate	4 6:00 BodyPump-Valerie 8:00 YogaFlex-Jay 9:30 Pilates-John 10:30 Build&Burn-Michael&Gayle 11:30 ABS30-Kristie 12:00 BodyPump-Kristie 5:00 BodyCombat-Melanie 6:00 Zumba-Tracy 7:00 BodyFlow-Ruth 8:00 Line Dancing-Benita	5 8:30 Seniorcize-Ellen 9:30 CardioBoxing-Michael 10:30 Butts&Gutts+-Karen&Gayle 12:00 YogaFlex-Martha 4:30 YogaFlex-Melissa 5:30 BodyStep-Heidi 6:30 BodyPump-Carrie 8:00 Karate	6 6:00 BodyPump-Valerie 8:15 YogaFlex-Jay 9:30 Zumba-Alicia 10:30 BodyPump-Gayle 5:30 Zumba-Tracy	7 7:15 Adv.Step-Melanie 8:15 BodyPump-Carrie 9:30 Zumba-Valerie 10:30 ABS30-Valerie 11:00 YogaFlex-Bill	
8 8:15 BodyPump-Bekah 11:30 BodyFlow-Carrie 12:30 Cardioboxing-Michael 2:00 Zumba-Tracy	9 6:00 BodyPump-Geraldine 9:30 Zumba+-Alicia 10:30 YogaFlex-Bill 12:00 Muscle Conditioning-Cheryl 4:30 BodyCombat-Tammy 5:30 Zumba+-Tracy 6:15 BodyPump-Mike 7:30 Basic Step-Shurelle	10 8:30 Seniorcize-Ellen 9:30 Basic Step-Gayle 10:30 BodyPump-Kristie 12:00 YogaFlex-Bill 1:00 Tai Chi for Arthritis+ 4:00 BodyPumpXP-Barbi 5:00 Build&Burn-Michael&Melanie 6:00 BodyJam-Annie 7:00 Yoga-Flex-Bill 8:00 Karate	11 6:00 BodyPump-Geraldine 8:00 YogaFlex-Jay 9:30 Pilates-John 10:30 Build&Burn-Michael&Gayle 11:30 ABS30-Kristie 12:00 BodyPump-Kristie 5:00 BodyCombat-Melanie 6:00 Zumba-Valerie 7:00 Pilates-Nijah 8:00 Line Dancing-Benita	12 8:30 Seniorcize-Ellen 9:30 CardioBoxing-Michael 10:30 Butts&Gutts+-Karen&Gayle 12:00 YogaFlex-Bill 4:30 YogaFlex-Melissa 5:30 BodyStep-Carrie 6:30 BodyPump-Mike 8:00 Karate	13 6:00 BodyPump-Geraldine 8:15 YogaFlex-Jay 9:30 Zumba-Alicia 10:30 BodyPump-Gayle 5:30 Zumba-Tracy	14 7:15 BodyStep -Karen 8:15 BodyPump-Valerie 9:30 Zumba-Alicia 10:30 ABS30-Alicia 11:00 YogaFlex-Lori	
15 8:15 BodyPump-Bekah 11:30 BodyFlow-Nijah 12:30 Cardioboxing-Michael 2:00 Zumba-Lori	16 6:00 BodyPump-Geraldine 9:30 Zumba+-Alicia 10:30 YogaFlex-Bill 12:00 Muscle Conditioning-Cheryl 4:30 BodyCombat-Tammy 5:30 Zumba+-Valerie 6:15 BodyPump-Mike 7:30 Basic Step-Nijah	17 8:30 Seniorcize-Ellen 9:30 Basic Step-Karen 10:30 BodyPump-Kristie 12:00 YogaFlex-Martha 1:00 Tai Chi for Arthritis+ 4:00 BodyPumpXP-Valerie 5:00 Build&Burn-Michael&Mealnie 6:00 BodyJam-Annie 7:00 YogaFlex-Bill 8:00 Karate	18 6:00 BodyPump-Geraldine 8:00 YogaFlex-Jay 9:30 Pilates-John 10:30 Build&Burn-Michael&Karen 11:30 ABS30-Kristie 12:00 BodyPump-Kristie 5:00 BodyCombat-Melanie 6:00 Zumba-Alicia 7:00 Pilates-Nijah 8:00 Line Dancing-Benita	19 8:30 Seniorcize-Ellen 9:30 CardioBoxing-Michael 10:30 Butts&Gutts+-Karen&Gayle 12:00 YogaFlex-Martha 4:30 YogaFlex-Melissa 5:30 BodyStep-Heidi 6:30 BodyPump-Mike 8:00 Karate	20 6:00 BodyPump-Geraldine 8:15 YogaFlex-Jay 9:30 Zumba-Alicia 10:30 BodyPump-Gayle 5:30 Zumba-Ruth	21 7:15 AdvStep-Melanie 8:15 BodyPump-Mike 9:30 Zumba-Alicia 10:30 ABS30-Alicia 11:00 YogaFlex-Bill	
22 8:15 BodyPump-Bekah 11:30 BodyFlow-Ruth 12:30 Cardioboxing-Michael 2:00 Zumba-Lori	23 6:00 BodyPump-Geraldine 9:30 Zumba+-Alicia 10:30 YogaFlex-Bill 12:00 Muscle Conditioning-Cheryl 4:30 BodyCombat-Tammy 5:30 Zumba+-Valerie 6:15 BodyPump-Mike 7:30 Basic Step-Shurelle	24 8:30 Seniorcize-Ellen 9:30 Basic Step-Gayle 10:30 BodyPump-Kristie 12:00 YogaFlex-Martha 1:00 Tai Chi for Arthritis+ 4:00 BodyPumpXP-Barbi 5:00 Build&Burn-Michael&Melanie 6:00 BodyJam-Annie 7:00 YogaFlex-Bill 8:00 Karate	25 6:00 BodyPump-Geraldine 8:00 YogaFlex-Jay 9:30 Pilates-John 10:30 Build&Burn-Michael&Gayle 11:30 ABS30-Kristie 12:00 BodyPump-Kristie 5:00 BodyCombat-Melanie 6:00 Zumba-Tracy 7:00 Pilates-Nijah 8:00 Line Dancing-Benita	26 8:30 Seniorcize-Ellen 9:30 CardioBoxing-Michael 10:30 Butts&Gutts+-Karen&Gayle 12:00 YogaFlex-Martha 4:30 YogaFlex-Melissa 5:30 BodyStep-Carrie 6:30 BodyPump-Mike 8:00 Karate	27 6:00 BodyPump-Geraldine 8:15 YogaFlex-Jay 9:30 BodyStep -Karen 10:30 BodyPump-Gayle 5:30 BodyJam -Annie	28 7:15 AdvStep-Karen 8:15 BodyPump-Carrie 9:30 Zumba-Lori 10:30 ABS30-Lori 11:00 YogaFlex-Lori	
29 8:15 BodyPump-Bekah 11:30 BodyFlow-Nijah 12:30 Cardioboxing-Michael 2:00 Zumba-Lori	30 6:00 BodyPump-Geraldine 9:30 Zumba-Ruth 10:30 YogaFlex-Martha 12:00 Muscle Conditioning-Michael 4:30 BodyCombat-Melanie 5:30 Zumba+-Tracy 6:15 BodyPump-Mike 7:30 Basic Step-Shurelle	31 8:30 Seniorcize-Ellen 9:30 Basic Step-Karen 10:30 BodyPump-Kristie 12:00 YogaFlex-Martha 1:00 Tai Chi for Arthritis+ 4:00 BodyPumpXP-Valerie 5:00 Build&Burn-Michael 6:00 BodyJam-Annie 7:00 YogaFlex-Martha 8:00 Karate	<p>Attention Members: Check out 12:00pm. Muscle Conditioning every Monday w/ Cheryl</p>				