

Sun

Mon

Tue

Wed

Thu

Fri

Sat



Swift Creek Mind/Body Schedule August 2010

www.amfamfit.com

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Did you know that you can pull this schedule up on amfamfit.com? In fact, you can look at all 7 location's schedules! Find the right class for you and help us save a tree!



© Means
 Family
 Friendly

*Save the date..October 9th is the 5
 and 10k race for the Children's
 Hospital!!!*



1 8:00 GentleYoga-Steph 9:30 GentleYoga*-Rose 10:45 YogaFlex*-Tray 4:30 PowerYoga*-Traysi	2 9:30 YogaFlex*-Jay 10:45 BodyFlow-Rose 12:15 GentleYoga- Traysi 4:30 PilatesPlus-Annie 5:30 YogaFlex- Clarissa 6:45 PowerYoga*-Tray	3 6am YogaFlex*-Jay 8:00 GentleYoga-Traysi 9:30 Pilates Plus-Sophie 10:45 YogaFlex*-Clarissa 4:30 GentleFlex-Jay 6:30 YogaFlex*-Martha 7:45 Karate	4 9:30 GentleYoga-Rose 10:30 Body Flow-Rose 12:15 YogaFlex-Traysi 5:30 Pilates-Annie 6:45 GentleYoga-Kathy	5 9:30 Pilates-Laurie 10:45 YogaFlex-Beth 4:30 FamilyYoga-Hilari 5:30 BodyFlow-Ruth 6:30 YogaFlex*- Kathy 7:45-BasicYogaFlex- Clarissa	6 6:00 YogaFlex-Jay 9:30 PowerYoga*- Traysi 10:45 GentleYoga*- Traysi 6:15 CycleYogaKathy 7:00 Karate	7 8:30 BodyFlow-Angie 9:30 Pilates-Laurie 10:30 YogaFlex*-Traysi ©11:45-Tai Kwon Do-Dan
8 8:00 -Yoga-Flex*Traysi 9:30 GentleYoga*- Clarissa 10:45 YogaFlex*-Martha 2:30 Body Flow-Jen 4:30 Yogaflex*-Clarissa	9 9:30 YogaFlex*-Jay 10:45 BodyFlow-Ruth 12:15 GentleYoga- Traysi 4:30 PilatesPlus-Rosie 5:30 YogaFlex-Amy 6:45 PowerYoga*-Clarissa	10 6am Yogaflex-Jay 8:00 GentleYoga-Maria 9:30 Pilates Plus-Sophie 10:45 YogaFlex*-Tim 4:30 GentleFlex-Jay 6:30 YogaFlex*-Joy 7:45 Karate	11 9:30 GentleYoga-Beth 10:30 Body Flow-Rosie 12:15 YogaFlex-Clarissa 5:30 Pilates-Annie 6:45 GentleYoga-Joy	12 9:30 Pilates-Kimi 10:45 YogaFlex-Tim 4:30 FamilyYoga-Hilari 5:30 BodyFlow-Jen 6:30 PowerYoga- Amy 7:45-BasicYogaFlex Maria	13 6:00 YogaFlex-Jay 8:30 Yogalates- Laurie 9:30 PowerYoga*- Ann Marie 10:45 GentleYoga*- Ann Marie 6:15 CycleYogaHilari 7:00 Karate	14 8:30 Yogalates-Soph 9:30 Pilates-Sophie 10:30 YogaFlex*-Kathy ©11:45-Tai Kwon Do-Dan
15 8:00 PowerYoga*-Jay 9:30 GentleYoga*-Jay 10:45 YogaFlex*-Tim 4:30 Yogaflex*-Amy	16 9:30 YogaFlex*-Jay 10:45 BodyFlow-Rose 12:15 GentleYoga- Clarissa 4:30 PilatesPlus-Rose 5:30 YogaFlex-Amy 6:45 PowerYoga*-Kathy	17 6:00 YogaFlex-Jay 8:00 GentleYoga-Traysi 9:30 PilatesPlus-Soph 10:45 YogaFlex*-Clarissa 4:30 Gentleflex-Jay 6:30 YogaFlex-Tim 7:45 Karate	18 9:30 GentleYoga-Rosie 10:30 Body Flow-Rose 12:15 YogaFlex-Traysi 5:30 Pilates-Rosemary 6:45 GentleYoga-Kathy	19 9:30 Pilates-Laurie 10:45 Yogaflex-Beth 4:30 FamilyYoga-Traysi 5:30 BodyFlow-Jen 6:30 YogaFlex*-Hilari 7:45BasicYoga Flex-Clarissa	20 6:00 YogaFlex-Jay 9:30 PowerYoga*- Ann Marie 10:45 GentleYoga*- Ann Marie 6:15 CycleYogaKathy 7:00 Karate	21 9:30 Pilates-Laurie 10:30 YogaFlex*-Clarissa ©11:45-Tai Kwon Do-Dan
22 8:00 GentleYoga-Denise 9:30 GentleYoga*-Rose 10:45 YogaFlex*-Jay 2:30 Body Flow-Ruth 4:30 Yogaflex*-Kathy	23 9:30 YogaFlex*-Jay 10:45 BodyFlow-Ruth 12:15 GentleYoga- Traysi 4:30 PilatesPlus-Rose 5:30 YogaFlex-Amy 6:45 PowerYoga*-Clarissa	24 6am YogaFlex-Jay 8:00 GentleYoga-Maria 9:30 PilatesPlus-Annie 10:45 YogaFlex*-Clarissa 4:30 GentleFlex-Jay 6:30 YogaFlex-Joy 7:45 Karate	25 9:30 GentleYoga-Kathy 10:30 Body Flow-Rose 12:15 YogaFlex-Martha 5:30 Pilates-Annie 6:45 GentleYoga-Joy	26 9:30 Pilates-Kimi 10:45 Yogaflex-Tim 4:30 FamilyYoga-Hilari 5:30 BodyFlow-Jen 6:30 PowerYoga*- Amy 7:45- BasicYogaFlex- Traysi	27 6:00 YogaFlex-Jay 9:30 PowerYoga*- Ann Marie 10:45 GentleYoga*- Ann Marie 6:15 CycleYoga-Tray 7:00 Karate	28 9:30 Pilates-Annie 10:30 YogaOnTheBall*- Amy ©11:45-Tai Kwon Do-Dan
29 8:00 GentleYoga-Tim 9:30 GentleYoga*-Jay 10:45 YogaFlex*-Jay 4:30 Yogaflex*-Clarissa	30 9:30 YogaFlex*-Jay 10:45 BodyFlow-Rose 12:15 GentleYoga- Clarissa 4:30 PilatesPlus-Rose 5:30 YogaFlex-Amy 6:45 PowerYoga*-Traysi	31 6:00 YogaFlex-Jay 8:00 GentleYoga-Traysi 9:30 PilatesPlus-Sophie 10:45 YogaFlex*-Clarissa 4:30 GentleFlex-Jay 6:30 YogaFlex*-Amy 7:45 Karate	<p><i>Need to escape? Try one of our Mind Body classes to help you decompress and relax!</i></p>			