

Sun

Mon

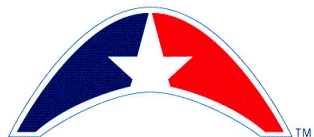
Tue

Wed

Thu

Fri

Sat


AMERICAN FAMILY FITNESS

FIT AS YOU WANT TO BE

Swift Creek Cycle Schedule August 2010

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!

1 10:15 Cycle45-Hilari 3:30 Cycle45-Dan	2 6:00 Cycle45-Steph 9:30 Cycle45-Tom 6:00 Cycle45-Debbie 7:00 Cycle45-Martha	3 5:45 Cycle60-Hilari 8:30 Beginner cycle-Laurie 9:45 CycleBootcamp*-Laurie 6:30 Cycle45-Damaris	4 9:30 Cycle45-Joy 6:00 Cycle45-Damaris 7:00 Cycle45-Debbie	5 6:00 Cycle45-Denise 8:30 Beginner cycle-Laurie 9:45 Cycle45-John 6:30 Cycle BootCamp-Kimi	6 9:30 Cycle45-Laurie 5:30 Cycleyoga-Kathy (yoga follows cycle in the Mind Body room)	7 New Time! 8:30 Cycle 45-Joy ©10:30 Family cycle Laurie
8 10:15 Cycle45-Kristin 3:30 Cycle45-Dan	9 6:00 Cycle45-Kathy 9:30 Cycle45-Tom 6:00 Cycle45-Debbie 7:00 Cycle45-Joy	10 5:45 Cycle60-Denise 8:30 Beginner cycle-Laurie 9:45 CycleBootcamp*-Laurie 6:30 Cycle45-Wendi	11 9:30 Cycle45-Kimi 6:00 Cycle45-Kathy 7:00 Cycle45-Debbie	12 6:00 Cycle45-Denise 8:30 Beginner cycle-Laurie 9:45 Cycle45-John 6:30 Cycle BootCamp-Kimi	13 9:30 Cycle45-Laurie 5:30 Cycleyoga-Hilari (yoga follows cycle in the Mind Body room)	14 New Time! 8:30 Cycle 45-Joy ©10:30 Family cycle Ruth
15 10:15 Cycle45-Krisin 3:30 Cycle45-Dan	16 6:00 Cycle45-Kathy 9:30 Cycle45-Joy 6:00 Cycle45-Damaris 7:00 Cycle45-Debbie	17 5:45 Cycle60-Hilari 8:30 Beginner cycle-Laurie 9:45 CycleBootcamp*-Laurie 6:30 Cycle45-Debbie	18 9:30 Cyclecore-Joy 6:00 Cycle45-Steph 7:00 Cycle45-Damaris	19 6:00 Cycle45-Denise 8:30 Beginner cycle-Laurie 9:45 Cycle45-John 6:30 Cycle BootCamp-Kimi	20 9:30 Cycle45-Laurie 5:30 Cycleyoga-Steph (yoga follows cycle in the Mind Body room)	21 New Time! 8:30 Cycle 45-Denise ©10:30 Family cycle Ruth
22 10:15 Cycle45-Kathy 3:30 Cycle45-Dan	23 6:00 Cycle45-Kathy 9:30 Cycle45-Tom 6:00 Cycle45-Damaris 7:00 Cycle45-Joy	24 5:45 Cycle60-Hilari 8:30 Beginner cycle-Laurie 9:45 CycleBootcamp*-Laurie 6:30 Cycle45-Wendi	25 9:30 Cycle45-Laurie 6:00 Cycle45-Kathy 7:00 Cycle45-Debbie	26 6:00 Cycle45-Hilari 8:30 Beginner cycle-Laurie 9:45 Cycle45-John 6:30 Cycle BootCamp-Kimi	27 9:30 Cycle45-Laurie 5:30 Cycleyoga-Jackie (yoga follows cycle in the Mind Body room)	28 New Time! 8:30 Cycle 45-Kristin ©10:30 Family cycle Denise
29 10:15 Cycle45-Denise 3:30 Cycle45-Dan	30 6:00 Cycle45-Denise 9:30 Cycle45-Joy 6:00 Cycle45-Damaris 7:00 Cycle45-Tom	31 5:45 Cycle60-Denise 8:30 Beginner cycle-Laurie 9:45 CycleBootcamp*-Laurie 6:30 Cycle45-Debbie	Save the date!! October 9th is the 5 and 10 k race to raise money for the Children's Hospital of Richmond!!			

Attention Members:

Please remember to bring a water bottle to ride and also, to preserve our bikes, only ride them during class time...we want to maintain their great condition and they are for class time only!

****Please note that 4:30 Tuesday and 5:30 Thursday classes have been cancelled due to low participation. Saturday is also now at a different time!***