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**NO CLASSES 4th of JULY**

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Please note new class changes,  
and check new start times  
and class locations.

All spin classes are in the spin  
room. Classes held in  
the stretch gym are noted.  
All remaining classes are held  
in the main group exercise room.

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Be the first to know!  
Our class schedule and class  
descriptions can be found at  
**Americanfitnessmi.online**  
Register today to stay connected!  
*Paper copies available at the front desk.*

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Your feedback is welcome.  
Send your ideas and comments  
to Maura, the Group Fitness  
Coordinator at  
**groupx@americanfitnessmi.online**

# July 2024 Class Schedule

## **Mondays:**

6:15 to 7:15a	Spin (Michelle)
7:30 to 8:30a	Yoga (Lea)
9:15 to 10:15a	R.I.P. (Mary)
10:30 to 11:30a	Pilates (Karen D)
5:30p to 6:30p	R.I.P. (Michelle)

## **Tuesdays:**

7:30 to 8:30a	AM Stretch (Amanda C) in stretch gym
8:00 to 9:00a	Arms & Upper Body (Stacy L.)
8:30 to 9:30a	Spin Pump (Rod)
8:45 to 9:45a	Slow Flo Yoga (Amanda C) in stretch gym
9:15 to 10:15a	H.I.I.T. (Mary)
10:30 to 11:30a	Zumba (Tracy)
5:30p to 6:30p	Step (Debra)

## **Wednesdays:**

6:15 to 7:15a	Spin (Michelle)
8:00 to 9:00a	H.I.I.T. (Matt B)
9:05 to 10:05a	Yogalates (Kim) in stretch gym
9:15 to 10:15a	Spin (Matt B)
9:15 to 10:15a	R.I.P. (Mary)
10:30 to 11:30a	Zumba (Tracy)
5:30p to 6:30p	Butts & Guts (Debra)

## **Thursdays:**

7:45 to 8:45a	Yoga w/props (Kim)
8:30 to 9:30a	Spin Pump (Rod)
9:00 to 10:00a	H.I.I.T. (Matt B)
9:05 to 10:05a	Gentle Yoga (Kim) in stretch gym
10:30 to 11:30a	Cardio Dance (Christina)
5:30p to 6:30p	Pilates (Christie F)

## **Fridays:**

8:00 to 9:00a	Butts & Guts (Stacy L)
9:15 to 10:15a	Cardio Pump (Mary)
9:15 to 10:15a	Flow Yoga (Stacy L) in stretch gym
10:30 to 11:30a	Dance Party (Lisa C/Christina R)

## **Saturdays:**

8:00-9:00a	SPIN (Michelle)
9:30 to 10:30a	Pilates (Christie/Karen)
10:45a-11:45a	Zumba (Lu/Jen)