



**LABOR DAY, SEPT 2**  
**Morning classes only**  
**No evening classes**

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.

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.*

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

# September 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:

8:00 to 9:00a	Arms & Upper Body (Stacy L.)
8:30 to 9:30a	Spin Pump (Rod)
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)
7:30 to 8:30a	<b>NEW!</b> Mat Pilates (Casey F.) stretch gym
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	Cardio Dance (Lisa C)
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 (Lisa C)
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 M)

## Saturdays:

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