



**NO CLASSES ON
THANKSGIVING**
November 28, 2024

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**

November 2024 Class Schedule

Mondays:

5:30 to 6:30am **NEW TIME!** Spin (Michelle)
7:30 to 8:30am Yoga (Lea)
8:00 to 9:00am Butts & Guts (Matt) stretch gym
9:15 to 10:15am R.I.P. (Mary)
10:30 to 11:30am Pilates (Karen D)
5:30 to 6:30pm **NEW!** Butts & Guts (Debra)

Tuesdays:

8:00 to 9:00am Arms & Upper Body (Stacy L.)
8:30 to 9:30am Spin Pump (Rod)
9:15 to 10:15am H.I.I.T. (Mary)
10:30 -11:30am Zumba (Tracy)
5:30 to 6:30pm Step (Debra)

Wednesdays:

6:15 to 7:15a Spin (Michelle)
7:30 to 8:30a Pilates (Casey/Kim) 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)
5:45 to 6:45pm **NEW Class/Time** R.I.P. (Michelle)

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.)
5:30 to 6:30pm 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 (Christina R.)

Saturdays:

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