



January 2021 Class Schedule

Schedule begins January 2, 2020

American Fitness offers a combination of virtual classes, recorded classes, and in-person classes. All zoom classes are offered *LIVE* at the times listed. Recorded classes available on our website for members. All group fitness classes are included with an active membership. Due to social distancing, space is limited. Sign up (in-person), at the front desk before the class starts. Participation is on a first-come, first-served basis. **All must sign-in to take in-person classes.**

NO CLASSES
Januray 1, New Years Day

New to Zoom?

Visit Americanfitnessmi.online register once, and follow the instructions listed under Getting Started. Our FAQs will help answer questions. Please sign in ten minutes before class begins to avoid login issues and delays.

Troubleshooting:

For the quickest response, please submit questions through our website, do not call the front desk.

Your feedback is welcome and appreciated!
 Contact Maura at

groupx@americanfitnessmi.online

Monday:

7:30 to 8:30a	Pilates (Sara) <i>ZOOM & In-person (11 spots)</i>
9:00 to 10:00a	RIP (Mary) <i>In-person</i>
10:30 to 11:30a	Zumba Tone (Lu) <i>In-person</i>
5:45 to 6:45p	RIP (Sara) <i>In-person</i>

Tuesday:

7:15 to 8:30a	Warm Wall Yin Yoga (Maura) <i>ZOOM ONLY</i>
8:30 to 9:30a	Spin Pump (Rod) <i>In-person</i>
9:00 to 10:00a	H.I.I.T. (Mary) <i>In-person</i>
5:30p to 6:30p	Step (Debra) <i>In-person</i>

Wednesday:

8:00 to 9:00a	Gentle Yoga (Meg) <i>ZOOM/In-person (11 spots)</i>
8:30 to 9:30a	Spin Pump (Rod) <i>In-person</i>
9:15 to 10:15a	Pilates (Meg) <i>ZOOM & In-person (11 spots)</i>
10:30 to 11:30a	Zumba (Monica/Christina*) <i>In-person</i>
5:30p to 6:30p	Butts & Guts (Debra) <i>In-person</i>

Thursday:

7:30 to 8:30a	Butts & Guts (Sara) <i>ZOOM & (11 spots)</i>
8:30 to 9:30a	Spin Pump (Rod) <i>In-person</i>
9:00 to 10:00a	RIP (Mary) <i>In-person</i>
5:45p to 6:45p	Zumba (Paula) <i>In-person</i>

Friday:

7:30 to 8:30a	Slow Flow Yoga (Maura) <i>ZOOM ONLY</i>
9:00 to 10:00a	New! Cardio Pump (Mary) <i>In-person</i>
10:30 to 11:30a	Line Dancing (Ivy) <i>In-person</i>

Saturday:

8:30-9:30a	SPIN (Michelle) <i>In-person</i>
9:00 to 10:00a	Pump Your Body (Maura) <i>ZOOM ONLY</i>
10:15 to 11:45a	Yoga Medicine (Maura) <i>ZOOM ONLY</i>
10:30a-11:30a	Zumba Tone (Lu) <i>In-person</i>

* *Instructors alternate weekly*