




February 2021 Class Schedule

Schedule begins February 2, 2021

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.**

Special Event
Sunday, February 14
"The Heart of Yoga"
 12:00-1:30 p.m.
Zoom Only
 See class descriptions for details

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 FRONT DESK**

Your feedback is welcome and appreciated!
 Contact Maura at groupx@americanfitnessmi.online

Monday:

7:30 to 8:30a
 9:00 to 10:00a
 10:30 to 11:30a
 5:45 to 6:45p

NEW! Floor Flow (Maura) **ZOOM ONLY**
 RIP (Mary) *In-person*
 Zumba Tone (Lu) *In-person*
NEW! PIYO Fusion (Paula) *In-person*

Tuesday:

7:30 to 8:45a
 8:30 to 9:30a
 9:00 to 10:00 a
 5:30p to 6:30p

Warm Wall Yin Yoga (Maura) **ZOOM ONLY**
 Spin Pump (Rod) *In-person (11 spots)*
 H.I.I.T. (Mary) *In-person*
 Step (Debra) *In-person*

Wednesday:

8:00 to 9:00a
 8:30 to 9:30a
 9:15 to 10:15a
 10:30 to 11:30a
 5:30p to 6:30p

Slow Flow Yoga (Meg) **ZOOM/In-person (11)**
 Spin Pump (Rod) *In-person (11 spots)*
 Pilates (Meg) **ZOOM & In-person (11 spots)**
 Zumba (Monica/Christina*) *In-person*
 Butts & Guts (Debra) *In-person*

Thursday:

7:30 to 8:30a
 8:30 to 9:30a
 9:00 to 10:00a
 5:45p to 6:45p

NEW!
 Restorative Yoga (Kim) **ZOOM/In-person (11)**
 Spin Pump (Rod) *In-person (11 spots)*
NEW! Yogalates (Kim) **ZOOM & in-person (11)**
 Zumba (Paula) *In-person*

Friday:

7:30 to 8:30a
 9:00 to 10:00a
 10:30 to 11:30a

Gentle Yoga (Kim) **ZOOM/In-person (11)**
 Cardio Pump (Mary) *In-person*
 Line Dancing (Ivy) *In-person*

Saturday:

8:30-9:30a
 9:00 to 10:00a
 10:15 to 11:45a
 10:30a-11:30a

SPIN (Michelle) *In-person (11 spots)*
 Pump Your Body (Maura) **ZOOM ONLY**
 Yoga Medicine (Maura) **ZOOM ONLY**
 Zumba Tone (Lu) *In-person*

* Instructors alternate weekly