

Additional Classes Available

Check out these other opportunities to expand upon your basic American Fitness membership.
Ask the front desk about our current class drop-in and/or membership rates

Mondays & Wednesdays

6:30 am - Burn w/Jess*
8:00 am - Heat w/Scott
9:00 am - Heat w/Scott
3:30 pm - Heat w/Scott
5:30 pm - Burn w/John (Mon) Jess (Wed)



Fridays

6:30 am - Burn w/Jess*
8:00 am - Heat w/Scott
9:00 am - Heat w/Scott
3:30 pm - Heat w/Scott

Saturdays

8:00 am - Abs w/Tara*
9:00 am - Heat w/Tara

Tuesdays & Thursdays

6:30 am - Burn w/Michelle*
8:00 am - Burn w/Jess
4:45 pm - Burn w/Jess

*30 mins. All other
classes are one hour.

“BURN” - A fast-paced cardio conditioning with an afterburn effect.

“HEAT” - A high-endurance athletic training/weight training oriented.

Tuesday Nights

6:00 to 7:00 pm - Barre

Thursday Mornings

8:00 to 9:00 am - Barre



**AMERICAN
DANCE ACADEMY**

\$10 Drop-in rate per class

Still want more? Ask the front desk about our personal training opportunities.