



April 2021 Class Schedule

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 only. All group fitness classes are included with an active membership.

Thank you for following safety protocols and guidelines to help protect yourself, others to reduce the spread of COVID-19. Please continue to social distance while participating in our in-person fitness classes.

NOTE THESE IMPORTANT DATES IN APRIL

***Friday, April 16:**
Yoga class will be zoom only

****NO CLASS**
Tuesday 4/20
9am HIIT Class on

NO Line Dancing Classes
This month. Check back in May

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**

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

Monday:

7:30 to 8:30a	Floor Flow (Maura) ZOOM ONLY
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	PIYO Fusion (Paula) <i>In-person</i>

Tuesday:

7:30 to 8:45a	Wall Yin Yoga (Maura) ZOOM ONLY
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	Slow Flow Yoga (Meg) ZOOM/In-person
8:30 to 9:30a	Spin Pump (Rod) <i>In-person</i>
9:15 to 10:15a	Pilates (Meg) ZOOM/In-person
10:30 to 11:30a	Zumba (Monica) <i>In-person</i>
5:30p to 6:30p	Butts & Guts (Debra) <i>In-person</i>

Thursday:

7:30 to 8:30a	Restorative Yoga (Kim) ZOOM/In-person
8:30 to 9:30a	Spin Pump (Rod) <i>In-person</i>
9:00 to 10:00a	Yogalates (Kim) ZOOM/In-person
5:45p to 6:45p	Zumba (Paula) <i>In-person</i>

Friday:

7:30 to 8:30a	Gentle Yoga (Kim) ZOOM/In-person*
9:00 to 10:00a	Cardio Pump (Mary) <i>In-person</i>

Saturday:

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

* No in-person classes April 16. Zoom only

** No 9am HITT Class on April 20

Visit AmericanFitnessMI.online for Class Descriptions