



# October 2021 Class Schedule

American Fitness offers members a combination of in-person, recorded, and zoom classes with your membership!  
All classes are offered in person unless “zoom” is otherwise indicated.

**IMPORTANT:** Zoom classes are only offered LIVE at the times listed.  
Please sign in to zoom 5-10 minutes before the class time shown.

## October 30

**DON'T MISS OUR SPECIAL HALLOWEEN-THEMED ZUMBA CLASS with LU!**  
Costumes encouraged!



Class descriptions on [AmericanFitnessMi.online](http://AmericanFitnessMi.online)

### New to Zoom?

Visit [Americanfitnessmi.online](http://Americanfitnessmi.online) register once, and follow the instructions listed under “Getting Started”.

**Please sign in ten minutes before class begins to avoid login issues and delays**

*Questions? See FAQs or contact Maura to get you started!*

Your feedback is welcome and appreciated!

[groupx@americanfitnessmi.online](mailto:groupx@americanfitnessmi.online)

### Monday:

7:30 to 8:30a Movement as Medicine (Maura) **ZOOM**  
9:15 to 10:15a RIP (Mary)  
10:30 to 11:30a Zumba Tone (Lu)  
6:00 to 7:00pm PIYO Fusion (Paula)

### Tuesday:

8:00 to 9:00a Kickboxing (Monica)  
8:30 to 9:30a Spin Pump (Rod)  
9:15 to 10:15a H.I.I.T. (Mary)  
5:30p to 6:30pm Step (Debra)

### Wednesday:

8:00 to 9:00a Yoga Fusion (Kim)  
8:30 to 9:30a Spin Pump (Rod)  
9:15 to 10:15a R.I.P. (Mary)  
10:30 to 11:30a Zumba (Monica/Christina)  
5:30p to 6:30pm Butts & Guts (Debra)

### Thursday:

8:00 to 9:00a Chair Yoga (Kim)  
8:30 to 9:30a Spin Pump (Rod)  
9:15 to 10:15a Yogalates (Kim)  
10:30 to 11:30a Cardio Dance (Christina)  
6:00 to 7:00pm Zumba (Paula)

### Friday:

7:30 to 8:30a Gentle Yoga (Kim)  
9:00 to 10:00a Cardio Pump (Mary)  
10:15 to 11:15a Line Dancing (Beth)

### Saturday:

8:30-9:30a SPIN (Michelle)  
9:00 to 10:00a Pump Your Body (Maura) **ZOOM**  
10:15 to 11:45a Yoga as Medicine (Maura) **ZOOM**  
10:30a-11:30a Zumba Tone (Lu)

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