



November 2021 Class Schedule

LAST ZOOM CLASS OF 2021: Our scheduled Zoom classes are taking a pause starting November 21, 2021 through December 31. Keep an eye out for additional information regarding zoom classes and future events.

**NO CLASSES
ON THANKSGIVING**
Have a safe and
enjoyable Holiday

Class descriptions on
AmericanFitnessMi.online

New to Zoom?
Visit 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

Monday:

7:30 to 8:30a	Movement as Medicine (Maura) ZOOM thru 11-20
8:30 to 9:30a	NEW! Spin Pump (Rod) Starts Nov 8th!
9:15 to 10:15a	RIP (Mary)
10:30 to 11:30a	Zumba Tone (Lu)
6:00 to 7:00pm	PIYO Fusion (Paula)

Tuesday:

7:30 to 8:30a	NEW! AM Stretch (Kim - in stretch gym)
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)
10:30 to 11:30a	NEW! Cardio Dance (Christina)
5:30p to 6:30pm	Step (Debra)

Wednesday:

8:00 to 9:00a	NEW! PIYO (Kim - in stretch gym)
8:30 to 9:30a	Spin Pump (Rod)
9:15 to 10:15a	R.I.P. (Mary)
10:30 to 11:30a	Zumba (Monica)
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 - in stretch gym)
7:45 to 8:45a	NEW! H.I.I.T. (Monica)
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 thru 11-20
10:15 to 11:45a	Yoga as Medicine (Maura) ZOOM thru 11-20
10:30a-11:30a	Zumba Tone (Lu)

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