



HOLIDAY SCHEDULE

**No Zumba Thursday PM
December 30, 2021**

**CLASSES WILL BE HELD
NEW YEAR'S EVE DAY
and
ZUMBA with LU
WILL BE HELD
NEW YEARS DAY!
No spin class on Jan. 1**

**Class descriptions on
AmericanFitnessMi.online**

Your feedback is welcome
and appreciated! Contact group
fitness coordinator at
groupx@americanfitnessmi.online

January 2022 Class Schedule

New Schedule Begins Monday, January 3

Monday:

8:30 to 9:30a Spin Pump (Rod)
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 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 Class!** Zumba (Tracy)
5:30p to 6:30pm Step (Debra)

Wednesday:

8:00 to 9:00a 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)

Friday:

7:30 to 8:30a Gentle Yoga (Kim - in stretch gym)
7:45 to 8:45a H.I.I.T. (Monica)
9:00 to 10:00a Cardio Pump (Mary)
10:15 to 11:00a Line Dancing I (Beth)
11:15 to 12:00p **NEW!** "Improvers" Line Dance II (Beth)

Saturday:

8:30-9:30a SPIN (Michelle)
10:30a-11:30a Zumba Tone (Lu)

*All (non-spin) classes held in big group fitness room
unless otherwise indicated.*

Visit AmericanFitnessMI.online for class descriptions.