



IMPORTANT:

No Classes July 4th

in observation of Independence Day

DUE TO INJURIES, HEALTH ISSUES, AND OTHER CONSIDERATIONS... we are working with a limited team of instructors – all working diligently to cover each other's classes at this time. Thank you for your patience and understanding.

Thank you AF instructors for your dedication to providing our members with the best classes on the Grand Strand!

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

Class descriptions on AmericanFitnessMi.online

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

July 2022 Class Schedule

Mondays:

7:30 to 8:30a	Gentle Yoga (Leah - in stretch gym)
8:30 to 9:30a	Spin Pump (Rod)
9:15 to 10:15a	RIP (Mary)
10:30 to 11:30a	Pilates (Christie F)
6:00 to 7:00 pm	PIYO Fusion (Paula)

Tuesdays:

7:30 to 8:30a	AM Stretch - (Kim - in stretch gym)
8:35 to 9:35a	Slow Flow Yoga - (Kim - in stretch gym)
8:30 to 9:30a	Spin Pump (Rod)
9:15 to 10:15a	H.I.I.T. (Mary)
10:30 to 11:30a	Zumba (Tracy)
5:30p to 6:30p	Step (Debra)

Wednesdays:

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 (Christina/Tracy)
5:30p to 6:30p	Butts & Guts (Debra)

Thursdays:

8:00 to 9:00a	Yoga with props (Kim)
8:30 to 9:30a	Spin Pump (Rod)
9:15 to 10:15a	Yogalates (Kim)
10:30 to 11:30a	Cardio Dance (Christina R)
5:30p to 6:30p	Classic Pilates! (Christie F)

Fridays:

7:30 to 8:30a	H.I.I.T. (Debra C)
9:00 to 10:00a	Cardio Pump (Mary)
10:15 to 11:15a	Dance Party! (Various Instructors)

Saturdays:

8:30-9:30a	SPIN (Michelle)
9:15 to 10:15a	Pilates (Christie F)
10:30a-11:30a	Alternating Saturday Classes
	Step (Debra) - July 2, July 9
	Zumba (Tracy)- July 16
	Zumba (Jen C) - July 23, 30