



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.

***Please join us in thanking
your AF instructors for their
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

August 2022 Class Schedule

Mondays:

7:30 to 8:30a	Gentle Yoga (Lea - 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	Yinyasa 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. (Denise 8/5, Debra)
9:00 to 10:00a	Cardio Pump (Mary)
10:15 to 11:15a	Dance Party! (Christina, Dena 8/12)

Saturdays:

8:30-9:30a	SPIN (Michelle)
9:15 to 10:15a	Pilates (Christie F)
10:30a-11:30a	Alternating Saturday Classes Zumba (Jen C) Aug 6, 20 Step (Debra) Aug 13, 27