



NOTICE:

NO Dance Party Class 11-11

HOLIDAY SCHEDULE

No classes will be held on
Thursday, November 24
in observation of
Thanksgiving.

No classes Dec. 24 and Dec. 31

Class descriptions on
AmericanFitnessMi.online

A minimum of 8 participants
per class are required to keep
a class on the schedule.
Thank you for attending
our classes!

Your feedback is welcome
and appreciated!
Contact Maura, the
Group Fitness Coordinator at
groupx@americanfitnessmi.online

American Fitness memberships
make great gifts for
family and friends. See the
front desk for details.

November 2022 Class Schedule

Mondays:

7:30 to 8:30a Yoga (Lea)
8:30 to 9:30a Spin Pump (Rod)
9:15 to 10:15a RIP (Mary)
10:30 to 11:30a Pilates (Christie F)
5:30p to 6:30p **NEW!** R.I.P. (Michelle)

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:

7:45 to 8:45a **NEW TIME!** PIYO (Kim)
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)
(Thursday night classes will return in January)

Fridays:

7:30 to 8:30a HIIT (Monica)
8:00 to 8:55a Pilates! (Christie F- in stretch gym)
9:00 to 10:00a Cardio Pump (Mary)
10:15 to 11:15a Dance Party (Christina, 11-4, 11,25)
NO CLASS 11-11
10:15 to 11:45a NOVEMBER 18: Line Dancing (*Dena*)

Saturdays:

8:30-9:30a SPIN (Michelle)
9:30 to 10:30a Pilates (Christie F)
10:45a-11:45a **NEW TIME!** Zumba (Lu/Jen)