



December 2022 Class Schedule

Our Holiday Schedule

***NO PILATES CLASSES
on December 12
and Dec. 23 thru Jan. 2**

NO DANCE PARTY on DEC 12

NO CLASSES DEC. 24

NO CLASSES DEC. 31

Have a safe and enjoyable holiday!

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.

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	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:

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)

(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)
	No class on 12/2
10:15 to 11:45a	DEC 16: Line Dancing (<i>Dena</i>)

Saturdays:

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