



Happy New Year!

A minimum of 8 participants per class are required to keep a class on the schedule.

Thank you for attending our classes!

Line Dancing with Dena/Beth will replace Christina's Dance Party of JANUARY 20

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

January 2023 Class Schedule

Mondays:

7:30 to 8:30a	Yoga (Lea)
8:30 to 9:30a	Spin Pump (Rod)
9:15 to 10:15a	R.I.P. (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	Cardio Dance (Christina)
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	Zumba (Tracy)
5:30p to 6:30p	Pilates (Christie F)

Fridays:

8:00 to 9:00a	NEW! Flow Yoga (Miranda- stretch gym)
9:00 to 10:00a	Cardio Pump (Mary)
10:15 to 11:15a	Dance Party (Christina) unless...
10:15 to 11:45a	JAN 20: Line Dancing (<i>Dena/Beth</i>)

Saturdays:

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