



September 2023 Class Schedule

Labor Day Schedule

Yoga, Spin Pump, and R.I.P. classes will be held.

No classes after 10:15 a.m. will be offered.

Have a safe & enjoyable holiday

Your feedback is welcome.
 Send your ideas and comments to
 Maura, the Group Fitness
 Coordinator at
groupx@americanfitnessmi.online

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) - no class Labor Day
5:30p to 6:30p	R.I.P. (Michelle) - no class Labor Day

Tuesdays:

7:30 to 8:30a	AM Stretch (Amanda C) in stretch gym
8:30 to 9:30a	Spin Pump (Rod)
8:45 to 9:45a	Slow Flo Yoga (Amanda C) in stretch gym
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:

7:30 to 8:30a	Gentle Yoga (Lauren) in stretch gym
8:00 to 9:00a	H.I.I.T. (Matt B)
8:30 to 9:30a	Spin Pump (Rod)
9:15 to 10:15a	R.I.P. (Mary)
10:30 to 11:30a	Zumba (Tracy)
5:30p to 6:30p	Butts & Guts (Debra)

Thursdays:

8:00 to 9:00a	PIYO - (Lauren) in stretch gym
8:30 to 9:30a	Spin Pump (Rod)
9:15 to 10:15a	Yin Yoga (Lauren) in stretch gym
10:30 to 11:30a	Cardio Dance (Christina)
5:15p to 6:10p	Pilates (Christie F)
6:15p to 7:15p	Zumba (Teresa L)

Fridays:

8:00 to 9:00a	Flow Yoga (Miranda) in stretch gym
9:00 to 10:00a	Cardio Pump (Mary M)
10:15 to 11:15a	Dance Party (Lisa C)

Saturdays:

8:15-9:15a	Step/Zumba (Teresa L)
8:30-9:30a	SPIN (Michelle)
9:30 to 10:30a	Pilates (Christie F)
10:45a-11:45a	Zumba (Lu/Jen)