



## IMPORTANT INFO:

Happy Holidays

**NO CLASSES ON  
Christmas Day  
and no classes on  
New Year's Day.**

Have a safe holiday season.

**Please watch for signage  
on the gym doors for any  
unforeseen changes to  
the class schedule during  
the Holidays.**

**Follow us on Facebook  
for announcements.**

Thank you students for  
attending our classes throughout  
the year. We are so grateful  
for each and every one of you.

Your feedback is welcome.  
Send your ideas and comments to  
Maura, the Group Fitness  
Coordinator at  
[groupx@americanfitnessmi.online](mailto:groupx@americanfitnessmi.online)

# December 2023 Class Schedule

## Mondays:

6:15 to 7:15a	Spin (Michelle)
7:30 to 8:30a	Yoga (Lea)
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 (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:

6:15 to 7:15a	Spin (Michelle)
7:30 to 8:30a	Gentle Yoga (Lauren) in stretch gym
8:00 to 9:00a	H.I.I.T. (Matt B)
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:

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

## Fridays:

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

## Saturdays:

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