



## IMPORTANT INFO:

Happy New Year!

**NO CLASSES  
NEW YEAR'S DAY**

Have a safe holiday season.

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

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

# January 2024 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 (Karen D)
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 (Kim Subs) 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:

8:30 to 9:30a	Spin Pump (Rod)
9:00 to 10:00a	H.I.I.T. (Matt B)
9:15 to 10:15a	Yoga w/props (Kim Subs) 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 (Stacy L) 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)