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We're listening!

Please note new class changes,
and check new start times
and class locations.

All spin classes are in the spin
room. Classes held in
the stretch gym are noted.

All remaining classes are held
in the main group exercise room.

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



Happy St. Patrick's Day!
St. Patrick's Day
is Sunday, March 17.

March 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)
8:00 to 9:00a	H.I.I.T. (Matt B)
9:00 to 10:00a	NEW! Yogalates (Kim) in stretch gym
9:15 to 10:15a	NEW! Spin (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:

7:45 to 8:45a	NEW! Yoga w/props (Kim)
8:30 to 9:30a	Spin Pump (Rod)
9:00 to 10:00a	H.I.I.T. (Matt B)
9:15 to 10:15a	Gentle Yoga (Kim) in stretch gym
10:30 to 11:30a	Cardio Dance (Christina)
5:30p to 6:30p	Pilates (Christie F)

Fridays:

8:00 to 9:00a	NEW! Butts & Guts (Stacy L)
9:05 to 10:05a	Cardio Pump (Mary)
9:15 to 10:15a	NEW! Flow Yoga (Stacy L) in stretch gym
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)