



**February 14  
is Valentine's Day  
Take a class!  
Cardio is good for  
your heart!**

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.

Be the first to know!  
Our class schedule and class descriptions can be found at **Americanfitnessmi.online**  
Register today to stay connected!

*Paper copies available at the front desk.*

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

# February 2025 Class Schedule

## Mondays:

5:30 to 6:30am	Spin (Michelle)
7:30 to 8:30am	Yoga (Lea)
8:00 to 9:00am	Butts & Guts (Matt) stretch gym
9:15 to 10:15am	R.I.P. (Mary)
10:30 to 11:30am	Pilates (Karen D)
5:30p to 6:30pm	Butts & Guts (Debra)

## Tuesdays:

7:30 to 8:30am	AM Stretch (Kim)
8:00 to 9:00am	Arms & Upper Body (Stacy L.)
8:30 to 9:30am	Spin Pump (Rod)
9:15 to 10:15am	H.I.I.T. (Mary)
10:30 to 11:30am	Zumba (Tracy)
5:30p to 6:30pm	Step (Debra)

## Wednesdays:

6:15 to 7:15am	Spin (Michelle)
7:00 to 8:00am	Butts & Guts (Gina) stretch gym
8:00 to 9:00am	H.I.I.T. (Matt B)
9:05 to 10:05am	Yogalates (Kim) in stretch gym
9:15 to 10:15am	Spin (Matt B)
9:15 to 10:15am	R.I.P. (Mary)
10:30 to 11:30am	Cardio Dance (Lisa C)
5:30p to 6:30pm	R.I.P. (Debra)

## Thursdays:

7:45 to 8:45am	Yoga w/props (Kim)
8:30 to 9:30am	Spin Pump (Rod)
9:00 to 10:00am	Gentle Yoga (Kim)
10:30 to 11:30am	Cardio Dance (Lisa C.)
5:30p to 6:30pm	Pilates (Christie F)

## Fridays:

6:30 to 7:30am	Arms & Upper Body (Rich F.)
8:00 to 9:00am	Butts & Guts (Stacy L)
9:15 to 10:15am	Cardio Pump (Mary)
9:15 to 10:15am	Flow Yoga (Stacy L) in stretch gym
10:30 to 11:30am	Dance Party (Christina R.)

## Saturdays:

8:00-9:00am	SPIN (Michelle)
9:30 to 10:30am	Pilates (Christie/Karen)
10:45a-11:45am	Zumba (Lu/Jen)