**All classes will be held
on Friday, July 4.
Have a safe and happy holiday!**

Exercise your etiquette muscles
Please avoid crowding
the doorway when waiting for the
next class to begin. Also, please
allow those who attended the
previous class to exit
before you enter.

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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.

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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.

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

July 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) in stretch gym
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)
7:30 to 8:30am	Fat Bustin' Pilates (Gina) in stretch gym
8:00 to 9:00am	H.I.I.T. (Matt B)
9:05 to 10:15am	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	AM Stretch (Kim)
8:30 to 9:30am	Spin Pump (Rod)
9:00 to 10:15am	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	Spin (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 S/Lisa C)