



September 2025 Class Schedule

Mondays:

| | |
|------------------|----------------------------|
| 5:30 to 6:30am | Spin (Michelle) |
| 7:30 to 8:30am | Yoga (Gina) in stretch gym |
| 8:30 to 9:30am | R.I.P. (Mary) |
| 9:45 to 10:35am | Zumba (Tracy) |
| 10:45 to 11:45am | Pilates (Karen) |
| 5:30p to 6:30pm | Butts & Guts (Debra) |

Tuesdays:

| | |
|------------------|-------------------------------------|
| 8:00 to 9:00am | Arms & Upper Body (Stacy) |
| 9:15 to 10:15am | NEW TIME! AM Stretch (Stacy) |
| 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) |
| 6:45 to 7:45am | Sculpt n' Tone (Gina) |
| 8:00 to 9:00am | Step Circuit (Tracy) |
| 8:30 to 9:30am | NEW CLASS! Spin & Boxing (Rod) |
| 9:00 to 10:00am | Yogalates (Stacey) in stretch gym |
| 9:15 to 10:15am | R.I.P. (Mary) |
| 10:30 to 11:30am | Cardio Dance (Lisa) |
| 5:45p to 6:45pm | NEW TIME! R.I.P. (Michelle) |

Thursdays:

| | |
|------------------|---------------------|
| 7:45 to 8:45am | AM Stretch (Lea) |
| 8:30 to 9:30am | Spin Pump (Rod) |
| 9:00 to 10:00am | Yoga (Lea) |
| 10:30 to 11:30am | Cardio Dance (Lisa) |
| 5:30p to 6:30pm | Pilates (Christie) |

Fridays:

| | |
|------------------|----------------------------------|
| 6:30 to 7:30am | Spin (Rich) |
| 8:00 to 9:00am | Butts & Guts (Stacy) |
| 9:15 to 10:15am | Cardio Pump (Mary) |
| 9:15 to 10:15am | Flow Yoga (Stacy) in stretch gym |
| 10:30 to 11:30am | Dance Party (Christina) |

Saturdays:

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

All morning classes will be held on Labor Day. No evening class on September 1, 2025

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.

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**