



July 2026 Class Schedule

**NO CLASSES ON
Saturday, JULY 4**

Exercise your etiquette muscles

Please avoid crowding the doorway when waiting for the next class to begin. Also, please don't enter the class until it ends, and allow all participants to exit before you enter.

Know your Yoga etiquette

If you're taking a Yoga class, and need to leave early, please inform your instructor before class starts and do so quietly before savasana begins, not during.
Namaste friends!

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.

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 comments to Maura the Group Fitness Coordinator at **groupx@americanfitnessmi.online**

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)
6:00p to 7:00pm	Spin (Charlotte T.)

Tuesdays:

7:30 to 8:30am	Pilates (Gina) stretch gym
8:00 to 9:00am	Arms & Upper Body (Stacy)
9:15 to 10:15am	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)
4:00p to 5:00pm	Zumba (Cheryl J)
5:30p to 6:30pm	Step (Debra)

Wednesdays:

6:15 to 7:15am	Spin (Michelle)
8:00 to 9:00am	Step Circuit (Tracy)
8:30 to 9:30am	Spin & Boxing (Rod)
9:15 to 10:15am	Flow Yoga (Stacy) in stretch gym
9:15 to 10:15am	R.I.P. (Mary)
10:30 to 11:30am	Cardio Dance (Lisa)
5:30p to 6:30pm	R.I.P. (Debra)
6:00p to 7:00pm	Spin (Amanda P.)

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)
4:00 to 5:00pm	Line Dance (Ivy D)
5:30p to 6:30pm	Pilates (Christie)
6:00p to 7:00pm	Spin (Charlotte T.)

Fridays:

8:00 to 9:00am	Butts & Guts (Stacy)
9:15 to 10:15am	Cardio Pump (Mary)
9:15 to 10:15am	Yogalates (Stacy) 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)