



**No evening classes
will be held on Labor Day.
Morning classes only.**

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 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

September 2026 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	Step Circuit (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) stretch gym
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)
8:00 to 9:00am	NEW! Full Body Blast! (Stacy)
8:30 to 9:30am	Spin & Boxing (Rod)
9:15 to 10:15am	Yogalates (Stacy) stretch gym
9:15 to 10:15am	R.I.P. (Mary)
10:30 to 11:30am	Cardio Dance (Lisa)
5:30p to 6:30pm	H.I.T.T. (Debra)
6:00p to 7:00pm	Spin (Amanda P.)

Thursdays:

7:45 to 8:45am	Gentle Yoga (Lea)
8:30 to 9:30am	Spin Pump (Rod)
9:00 to 10:00am	Flow Yoga (Lea)
10:30 to 11:30am	Cardio Dance (Lisa)
4:00 to 5:00pm	Line Dance (Ivy D)
5:15p to 6:15pm	NEW TIME! Zumba (Cheryl)
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	Slow Flow (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)
Sept.26 Only	Saturday Spin 10-11am (Charlotte T.)