



**NO CLASSES ON
THANKSGIVING DAY
and Wednesday Eve
(Nov. 25)**

Welcome Carol Cannon!
The Dynamic Breath Process
Starts November 6!

Exercise your etiquette muscles

Please avoid crowding
the doorway when waiting for the
next class to begin. Participants
may after all participants
have exited. Exiting students,
please leave promptly unless you're
staying for the next class to start.

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 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

November 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	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) NO CLASS 11-25
6:00p to 7:00pm	Spin (Amanda P.) NO CLASS 11-25

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)
11:45 to 12:45pm	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
10:00 to 11:00am.	NEW! Dynamic Breath (Carol) stretch gym
10:30 to 11:30am	Dance Party (Christina)

Saturdays:

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