

American Family Fitness

(386)-438-5703 www.americanfamfit.com

Group Fitness Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00 AM	Full Body	Full Body	Full Body	Full Body	Full Body	
	Forch	Forch	Forch	Forch	Full Body	
9:00 AM	Barre	Zumba	Barre	Zumba	Low Impact	
	Sandie	Kristie	Sandie	Kristie	Judy	
10:00 AM		Gentle Yoga		Gentle Yoga		
		Nancy		Nancy		
10:30 AM	Silver Classic		Silver & Fit		Circuit	
	Carol		Carol		Carol	
11:00 AM		Chair Yoga		Ener Chi		IN OUR
		Carol		Carol		SPIN & GROUP
12:00 PM	Chair Yoga		Full Body	DumbBell Sculpt	Full Body	WE HAVE
	Bobbie		Forch	Brenda	Forch	VIDEO FOR
4:30 PM	Step Aerobic	Full Body				USE AT ALL
	Beckie	Suzie				TIMES
6:30 PM						

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Be Social and Share your Fitness Journey with us!

#hashtag your fitness class and tag @afflakecityfl on Instagram or American Family Fitness on FB