

# Schoolcraft College and AmericanHealthandFitness.net

## WINTER 2018

**CERTIFIED BY:** AQUATIC EXERCISE ASSOCIATION, EXERCISE SAFETY ASSOCIATION, AFAA - AEROBICS AND FITNESS ASSOCIATION OF AMERICA  
IDEA - INTERNATIONAL DANCE-EXERCISE ASSOCIATION—FITOUR - AUTHORIZED ZUMBA INSTRUCTORS - ZIN MEMBERS

MONDAY A.M.	TUESDAY A.M.	WEDNESDAY A.M.	THURSDAY A.M.	FRIDAY
<u>DEEP WATER AEROBICS</u> 8:00 AM SCC Pool 9:00 AM SCC Pool Instructor: Michelle  <u>GET FIT AND STAY FIT</u> 9:00 AM PE 140 Instructor: Kathi  <u>YOGA BETTER BACK and NECK</u> 9:30 AM PE 210 Instructor: Zhanna  <u>WATER EXERCISE FOR EASING ARTHRITIS PAIN</u> 10:00 AM PE Pool Instructor: Kathi  <u>FIT AS A FIDDLE</u> 10:00 AM PE 140 Instructor: Julie  <u>PILATES I</u> 11:00 AM PE 140 Instructor: Julie	<u>FIT FROM TOP TO BOTTOM</u> 8:00 AM PE 140 Instructor: Zhanna  <u>YOGA FOR EASING ARTHRITIS PAIN</u> 9:00 AM PE 210 10:00 AM PE 210 Instructor: Kathi  <u>ZUMBA TONING</u> 11:00 AM PE 140 Instructor: Julie	<u>GET FIT AND STAY FIT</u> 9:00 AM PE 140 Instructor: Kathi  <u>WATER EXERCISE FOR EASING ARTHRITIS PAIN</u> 10:00 AM PE Pool Instructor: Kathi  <u>FIT AS A FIDDLE</u> 10:00 AM PE 140 Instructor: Julie  <u>BARRE WORKOUT</u> 11:00 AM PE 140 Instructor: Zhanna	<u>FIT FROM TOP TO BOTTOM</u> 8:00 AM PE 140 Instructor: Zhanna  <u>YOGA FOR EASING ARTHRITIS PAIN</u> 9:00 AM PE 140 Instructor: Julie  <u>ZUMBA</u> 11:00 AM PE 140 Instructor: Fabiola	<u>GET FIT AND STAY FIT</u> 9:00 AM PE 140 Instructor: Kathi  <u>ZUMBA GOLD</u> 10:00 AM PE 140 Instructor: Julie
	<b>TUESDAY P.M.</b>  <u>EASY DOES IT HATHA YOGA</u> 12:30 PE 210 Instructor: Julie  <u>FIT AS A FIDDLE</u> 1:30 PM PE 140 Instructor: Sheri  <u>ZUMBA</u> 5:00 PM PE 140 Instructor: Fabiola  <u>YOGA STRESS MANAGEMENT</u> 7:00 - 8:10 PM Riley School Cafe Instructor: Kathi  <u>FLOWING YOGA II</u> 7:00 - 8:30 PM PE 210 Instructor: Holly	<b>WEDNESDAY P.M.</b>  <u>STRENGTH TRAINING FOR SENIORS</u> 1:00 PM PE 140 Instructor: Marci/Shari  <u>BEST BODY WORKOUT</u> 6:00 PM PE 140 Instructor: K.White  <u>BAR WEIGHTS + CORE</u> 7:00 PM PE 140 Instructor: K.White	<b>THURSDAY P.M.</b>  <u>FIT AS A FIDDLE</u> 1:30 PM PE 140 Instructor: Sheri  <u>ZUMBA</u> 6:30 PM PE 140 Instructor: Sarah  <u>FLOWING YOGA II</u> 5:30 - 6:50 PM PE 210 Instructor: Holly  <u>YOGA BETTER BACK &amp; NECK</u> 7:00 - 8:15 PM PE 210 Instructor: Sheri	<b>SATURDAY A.M.</b>  <u>DEEP WATER AEROBICS</u> 8:30 AM SCC Pool Instructor: Kathi  <u>BARRE WORKOUT</u> 9:30 AM PE 140 Instructor: Erin / Kathi
<b>MONDAY P.M.</b>  <u>STRENGTH TRAINING FOR SENIORS</u> 1:00 PM PE 140 Instructor: Marci/Sheri  <u>BEST BODY WORKOUT</u> 6:00 PM PE 140 Instructor: Stacy  <u>AQUAFIT INTERVAL TRAINING</u> 7:00 PM SCC Pool Instructor: Kathi  <u>PIYO STRENGTH FUSION</u> 7:00 PM PE 140 Instructor: Holly	<p style="text-align: right;">★ Begins 3/6/18 10 wks</p>			<p style="text-align: center;"><b>For more information, call American Health and Fitness at 248-797-9570 or email at ahfkathi@aol.com</b></p> <p style="text-align: center;">★ <b>Class held at RILEY SCHOOL, 15555 Henry Ruff, Livonia MI 48154</b></p>
<p><i>See all available classes at <a href="http://americanhealthandfitness.net">americanhealthandfitness.net</a></i></p>				