



Be Active at Home: Spirit Club Fitness Online!

Join us for at-home fitness classes to have fun and stay healthy. Whether you're a beginner or experienced, we'll provide activities to fit your level. All abilities and disabilities welcome and encouraged! Adaptations for disabilities will be offered by the instructors.

Mondays 3-4pm | Wednesdays 4-5 pm

* Note new days and times!

May 10: Balance Fitness
May 12: Zumba

May 31: Off
June 2: Zumba

June 21: Country Music
June 23: Meditation

May 17: Boxing
May 19: Strength Fitness

June 7: Yoga
June 9: Cardio Fitness

June 28: Zumba
June 30: Combo Fitness

May 24: Meditation
May 26: Beach Fitness

June 14: Boxing
June 16: Themed Class

Using the Zoom! App
Classes are free. No home
equipment needed.

Sign up:



734-971-0277



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