




Zeeland Recreation Adult Fitness Calendar

320 East Main | Zeeland, Michigan 49464 | Direct: 616.748.3230

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6:00-6:45am Spin		6:00-6:45am Spin		8:00-9:00am Zumba
	9:00-10:00am Total Body Boot Camp		9:00-10:00am Total Body Boot Camp		8:30-9:45am *Meditation + Movement <i>Cityside Chix Coop</i>
5:30-6:30pm Boot Camp <i>Zeeland Football Stadium</i> July 10-31		9:00-10:00am Senior Strong and Balanced			9:15-10:00am Spin
5:45-6:30pm Spin	5:00-6:00pm Core, Cardio & Conditioning	5:45-6:30pm Spin	5:00-6:00pm Core, Cardio & Conditioning	 Aquatic Programs: Please see our aquatics calendar for available days and times of aquatic classes, water fitness (deep and shallow water walking), lap swim and open swim.  Three ways to pay: <ol style="list-style-type: none"> 1. Drop-in/ \$4 per class 2. By session/ \$3 per class 3. Purchase a punch card/\$3 per class Class sizes are limited. See service desk for details.	
6:45-7:30pm Yoga-Pilates Fusion	6:15-7:15pm Ultimate Workout	6:40-7:40pm Zumba	6:15-7:15pm Ultimate Workout		
			6:30-7:30pm *Classical Yoga Level 1 <i>Cityside Orchestra Room</i>		
			7:45-9:00pm *Classical Yoga Level 2 <i>Cityside Orchestra Room</i> * Meets thru May 25		
7:30-8:30pm Booty Bustin' Barre June 19-Aug 7 (no class July 3)	7:30-8:30pm Zumba	7:15-8:15pm Booty Bustin' Barre June 21-Aug 9	7:30-8:30pm Zumba		

Classes meet at Zeeland Recreation unless specified and run continuously with exceptions. Visit <http://recreation.zps.org> for the most up-to-date calendar of classes.

***Meditation + Movement meets thru Saturday, May 20. No class on April 1, 8, 29 and May 6.**