



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 Senior Strong and Balanced	9:00-10:00am Total Body Boot Camp		9:00-9:45am Meditation + Mindfulness <i>Cityside Orchestra Room</i> Begins Sept 23
	4:10-4:55pm NEW! Core, Strength & Stretch	4:10-4:55pm NEW! Cardio Kickboxing Begins Sept 6	4:10-4:55pm NEW! Power Pilates & Yoga		9:15-10:00am Spin
5:30-6:30pm Boot Camp <i>Zeeland Football Stadium</i> July 10-31	5:00-6:00pm Core, Cardio & Conditioning		5:00-6:00pm Core, Cardio & Conditioning	 <p>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.</p>  <p>Three ways to pay:</p> <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 <p>Class sizes are limited. See service desk for details.</p>	
5:45-6:30pm Spin		5:45-6:30pm Spin			
	6:15-7:15pm Ultimate Workout Class temporarily suspended		6:15-7:15pm Ultimate Workout Class temporarily suspended		
6:45-7:30pm Yoga-Pilates Fusion		6:40-7:40pm Zumba	6:30-7:30pm Classical Yoga Level 1 <i>Cityside Orchestra Room</i> Begins Sept 21		
7:30-8:30pm Booty Bustin' Barre June 19-Aug 7	7:30-8:30pm Zumba	7:15-8:15pm Booty Bustin' Barre June 21-Aug 9	7:45-9:00pm Classical Yoga Level 2 <i>Cityside Orchestra Room</i> Begins Sept 21		

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

Due to the retirement of Amy Wyrick, we are seeking a certified group fitness instructor to teach Ultimate Workout on Tues/Thurs nights.

If you are interested or know of someone who would be a dynamic addition to our staff, please contact Kris Ferry at kferry@zps.org