



SUMMER 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 Senior Strong and Balanced	9:00-10:00am Total Body Boot Camp		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	 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: 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.	
5:45-6:30pm Spin		5:45-6:30pm Spin			
	6:15-7:15pm Ultimate Workout		6:15-7:15pm Ultimate Workout		
6:45-7:30pm Yoga-Pilates Fusion		6:40-7:40pm Zumba			
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			

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 events of classes.