



## **FITNESS MEMBERSHIPS**

**Seniors, Military or Student Memberships** **\$15 p/month**  
Fitness Room | Lap Swimming | Water Walking  
*\*Seniors = 60 yrs. old +*

**Individual Memberships** **\$30 p/month**  
Fitness Room | Lap Swimming | Water Walking

**Family Memberships\*** **\$50 p/month**  
Fitness Room (13 yr. olds +)  
Lap Swimming (8 yr. olds +)  
Free Access to “Open Swim” for Entire Family  
*\*13 yr olds require orientation & adult supervision*  
*\*14-15 yr olds require orientation*

## **FITNESS CLASSES**

**\$4 p/class OR Punch Card**

### **Aquatics Classes**

Deep H2O | Sunrise Stretch & Stride | Hydro Cardio |  
Midday Movers | Energy H2O | Lap Swimming |

### **Fitness Classes**

Booty Bustin’ Barre | Cardio Sculpt | Cardio Kickboxing |  
Core, Strength & Stretch | Movement & Mindfulness |  
Power Pilates & Yoga | Running Club: Train for a 5k |  
Senior Strong & Balanced | Spin | Total Body Boot Camp |  
Triple Threat | Yoga | Yoga-Pilates Fusion | Zumba |

## **PUNCH CARD**

\$30 | Any 10 Activities | No Expiration Date

Options: Fitness Classes - Aquatics Classes - Fitness Room Workouts - Lap Swimming

## **FITNESS CENTER HOURS**

### **September – May**

Mon – Fri: 5:30am – 8:30pm  
Saturday: 7:30am – 1:00pm  
Sunday: Closed

### **June – August**

Mon – Thur: 5:30am – 8:30pm  
Friday: 5:30am – 4:00pm  
Saturday: 7:30am – 11:00am  
Sunday: Closed



### **FOLLOW US ON SOCIAL MEDIA**



@ZeelandRecreation

### **WHAT ELSE DO WE OFFER?**

We are proud to offer **150+** recreational, fitness and leisure programs to the Zeeland community. To learn about all the programs we offer, visit [www.recreation.zps.org](http://www.recreation.zps.org).

### **ONLINE REGISTRATION**

To register for our programs, visit our website at [www.recreation.zps.org](http://www.recreation.zps.org), give us a call (616.748.3230), or stop by our office (320 E Main, Zeeland).

### **SUBSCRIBE TO OUR E-NEWSLETTER**

We send out a newsletter every couple weeks highlighting upcoming programs, deadlines, new programs, and more. Subscribe: [www.recreation.zps.org/z-rec-connect/](http://www.recreation.zps.org/z-rec-connect/).

### **CONTACT US**

**Address:** 320 E Main, Zeeland, MI 49464

**Phone:** 616.748.3230

**Website:** <http://recreation.zps.org>