




Zeeland Recreation Adult Fitness Calendar

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00-8:00am Sunrise Stretch & Stride	6:00-6:45am Spin	7:00-8:00am Sunrise Stretch & Stride	6:00-6:45am Spin	7:00-8:00am Sunrise Stretch & Stride	8:00-9:00am Zumba
		9:00-10:00am Senior Strong & Balanced			9:15-10:15am R2: Rip & Ride
9:00-10:00am Deep H2O ZW Natatorium		9:00-10:00am Deep H2O ZW Natatorium		9:00-10:00am Deep H2O ZW Natatorium	
12:00-1:00pm Midday Movers		12:00-1:00pm Midday Movers		12:00-1:00pm Midday Movers	 <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. Stop by our service desk for details.</p>
5:45-6:30pm Spin	5:00-6:00pm Core, Cardio & Conditioning	5:45-6:30pm Spin	5:00-6:00pm Core, Cardio & Conditioning		
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>		
7:00-8:00pm H2O Energy		7:00-8:00pm H2O Energy	7:00-8:00pm H2O Energy		
	7:30-8:30pm Zumba		7:30-8:30pm Zumba		

Classes run continuously with some exceptions and meet at Zeeland Recreation unless otherwise specified. Schedule subject to change.

Visit our website <http://recreation.zps.org> for the most up-to-date calendar of classes.

IMPORTANT PROGRAM NOTE: Classical Yoga Levels 1 & 2 begin September 22. No class on Nov 24, Dec 22, 29, Feb 16 and Apr 6.