



Group 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 & Balanced	9:00-10:00am Total Body Boot Camp		9:00-9:45am Movement + Mindfulness <i>Cityside Orchestra Room</i> <i>Begins Sept 23</i>
	4:10-5:10pm NEW! Cardio, Strength & Stretch	4:10-5:10pm NEW! Cardio Kickboxing <i>Begins Sept 6</i>	4:10-5:10pm NEW! Power Pilates & Yoga		9:15-10:00am Spin
	5:20-6:20pm NEW! Cardio Sculpt <i>Begins Sept 5</i>		5:20-6:20pm NEW! Cardio Sculpt <i>Begins Sept 7</i>	 <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			
	6:30-7:30pm NEW! Triple Threat <i>Begins Sept 5</i>		6:30-7:30pm NEW! Triple Threat <i>Begins Sept 7</i>		
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> <i>Begins Sept 21</i>		
	7:40-8:40pm Zumba		7:45-9:00pm Classical Yoga Level 2 <i>Cityside Orchestra Room</i> <i>Begins Sept 21</i>		

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.

Special program note: **Classical Yoga Levels 1 & 2** begin on September 21, 2017 and runs thru May 24, 2018. No class on November 23, Dec 21, 28, Feb 22 and Apr 5.

Special program note: **Movement + Mindfulness** runs September 23, 2017 thru May 26, 2018. No class on Nov 11, 25, Dec 30 and Apr 7.