



# Group Fitness Calendar

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6:00-6:45am <b>Spin</b>		6:00-6:45am <b>Spin</b>		
					8:00-9:00am <b>Zumba</b>
	9:00-10:00am <b>Total Body Boot Camp</b>	9:00-10:00am <b>Senior Strong &amp; Balanced</b>	9:00-10:00am <b>Total Body Boot Camp</b>		9:00-9:45am <b>Movement + Mindfulness</b> <i>Cityside Performing Arts Room</i>
		11:00-11:45am <b>NEW! Chair Yoga</b> <i>Begins March 6</i>			
	4:10-5:10pm <b>Cardio, Strength &amp; Stretch</b>	4:10-5:10pm <b>Cardio Kickboxing</b>	4:10-5:10pm <b>Power Pilates &amp; Yoga</b>		9:15-10:00am <b>Spin</b>
	5:20-6:20pm <b>Cardio Sculpt</b>	5:30-6:30pm <b>Total Body Boot Camp PM</b> <i>Zeeland Football Stadium</i>	5:20-6:20pm <b>Cardio Sculpt</b>	 <p><b>Aquatic Programs:</b> Please see our aquatics calendar for available days and times of aquatic classes, water fitness , lap swim and open swim.</p>  <p><b>Three ways to pay:</b></p> <ol style="list-style-type: none"> <li>1. Drop-in/ \$4 per class</li> <li>2. By session/ \$3 per class</li> <li>3. Purchase a punch card/\$3 per class</li> </ol> <p>Class sizes limited. Call 748-3230 for details.</p>	
5:45-6:30pm <b>Spin</b>		5:45-6:30pm <b>Spin</b>			
	6:30-7:30pm <b>Triple Threat</b>		6:30-7:30pm <b>Triple Threat</b>		
6:45-7:30pm <b>Yoga-Pilates Fusion</b>		6:40-7:40pm <b>Zumba</b>	6:30-7:30pm <b>Classical Yoga Level 1</b> <i>Cityside Performing Arts Room</i>		
	7:40-8:40pm <b>Zumba</b>		7:45-9:00pm <b>Classical Yoga Level 2</b> <i>Cityside Performing Arts Room</i>		

Special program note: **Classical Yoga Levels 1 & 2 runs thru May 24, 2018. No class on Feb 22 and Apr 5.**

Special program note: **Movement + Mindfulness runs thru May 26, 2018. No class on May 12 and Apr 7.**

**Total Body Boot Camp PM: We're taking Total Body Boot Camp OUTSIDE on Wednesday nights! Class meets on June 20-Aug 1 (No class July 4), rain or shine, at the Zeeland Football Stadium Away Ticket Booth. Drop ins welcome!**