

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 Performing Arts Room</i>
	11:00-11:45am Chair Yoga				
	4:10-5:10pm Cardio, Strength & Stretch	4:10-5:10pm Cardio Kickboxing	4:10-5:10pm Power Pilates & Yoga		9:15-10:00am Spin
	5:20-6:20pm Cardio Sculpt	5:30-6:30pm Total Body Boot Camp PM <i>Zeeland Football Stadium Begins June 20</i>	5:20-6:20pm Cardio Sculpt	 Aquatic Programs: Please see our aquatics calendar for available days and times of aquatic classes, water fitness , lap swim and open swim.  Three ways to pay: <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 Class sizes limited. Call 748-3230 for details.	
5:45-6:30pm Spin		5:45-6:30pm Spin			
	6:30-7:30pm Triple Threat		6:30-7:30pm Triple Threat		
6:45-7:30pm Yoga-Pilates Fusion		6:40-7:40pm Zumba	6:30-7:30pm Classical Yoga Level 1 <i>Cityside Performing Arts Room</i>		
	7:40-8:40pm Zumba		7:45-9:00pm Classical Yoga Level 2 <i>Cityside Performing Arts Room</i>		

SPECIAL PROGRAMMING NOTE: No classes March 30-April 7 due to Spring Break.

Classical Yoga Levels 1 & 2 runs thru May 24, 2018. Movement + Mindfulness runs thru May 26, 2018. No class on May 12.

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