

# Group Fitness Calendar

August 1- August 10 2024



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15-6:00AM Spin & Strength Kendra	5:15-6:15AM Cycle 60 Kellie	5:15-6:00AM Spin & Strength Kendra	5:15-6:00AM Boot Camp Kellie		
7:00-7:45AM DEEP Aqua Fit* Kendra	7:00-7:45AM Cardio Drumming* Kendra	7:00-7:45AM DEEP Aqua Fit* Kendra	7:00-7:45AM Cardio Drumming* Kendra	7:00-7:45AM DEEP Aqua Fit* Kendra	
8:00-8:45AM Aqua Mix Kendra	8:00-8:45AM Cardio Dance Gold* Stephani	8:00-8:45AM Aqua Mix Kendra	8:00-8:45AM Zumba Grace	8:00-8:45AM Aqua Mix Kendra	8:00-9:00AM Zumba Step Grace
			9:00-9:45AM Family Sing Song Yoga in the Park Deb		
9:00-9:45AM Strong & Balanced* Kendra	9:00-9:50AM Strength and Stretch* Mellissa	9:00-9:45AM Strong & Balanced* Julie	9:00-9:50AM Strength and Stretch* David	9:00-9:45AM Strong & Balanced* Kendra	9:15-10:00AM Spin Julie
	10:00-11:00AM Yoga Flow Mellissa	10:00-11:00AM Cardio Drumming* Kendra	10:00-11:00AM Yoga in the Park Deb		10:10-10:55AM HIIT David
11:00-12:00PM DEEP Aqua Fit* Kendra		11:00-12:00PM DEEP Aqua Fit* Kendra		11:00-12:00PM DEEP Aqua Fit* Kendra	11:10-12:00PM Relax Yoga Love
			11:30-12:30PM Gentle Yoga* Deb	<p><b>ALL AQUA CLASSES ARE BEING HELD AT THE NATATORIUM AT ZEELAND WEST HIGH SCHOOL. THESE ARE DEEP WATER CLASSES ONLY. PLEASE REGISTER ONLINE.</b></p> <p><b>CLASS SIZES:</b> Class sizes are limited. Members are encouraged to pre-register. Stop by or call 748-3230 for details.</p> <p><b>YOGA MATS:</b> Members are advised to bring their own yoga mat. Limited shared mats are available.</p>	
	4:10-5:10PM Cardio Sculpt Jaci		4:10-5:10PM Cardio Sculpt Jaci		
5:30-6:15PM Spin & Strength David	5:30-6:15PM SculptX Jaci	5:30-6:15PM Spin Julie	5:30-6:15PM Workout Warrior HIIT -- David		
6:30-7:15PM Workout Warrior HIIT- David	6:40-7:40PM Zumba Grace	6:40-7:40PM Zumba Grace			
	7:50-8:50PM Yoga Strength Cara	7:50-8:50 PM Relax Yoga* Love			

\*Class is included in our Senior Membership but is not exclusively for seniors