ZEELAND RECREATION

GROUP FITNESS SCHEDULE

In effect January 3-May 31, 2022 | Subject to change **REV 4-6-22**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15-6:00am Spin & Strength Kendra	5:15-5:45am Spin 30 Kendra	5:15-6:00am Spin & Strength Kendra	5:15-5:45am Spin 30 Kendra	YOGA MATS: Members advised to come to class prepared with their own yoga mat. Limited shared mats will be available. Thank you.	
	5:55-6:25am Muscle Max 30 Kendra		5:55-6:25am Muscle Max 30 Kendra		
7:00-8:00am Sunrise Stretch & Stride Heidi		7:00-8:00am Sunrise Stretch & Stride Heidi		7:00-8:00am Sunrise Stretch & Stride Heidi	
					8:00-9:00am Zumba Grace
9:30-10:15am Senior Power Kendra	9:00-10:00am Zumba Gold Danielle	9:00-9:45am Senior Strong & Balanced Julie	9:00-10:00am Zumba Gold Danielle	9:30-10:15am Senior Power Kendra	9:15-10:00am Spin Julie
9:00-10:00am Deep H2O Heidi		9:00-10:00am Deep H2O Heidi	10:00-11:00am Gentle Yoga Deb	9:00-10:00am Deep H2O Heidi	
11:00-12:00pm Midday Movers Heidi		11:00-12:00pm Midday Movers Heidi		11:00-12:00pm Midday Movers Heidi	
4:30-5:15pm Total Body Cardio Strength *Last class: April 11*	4:10-5:10pm Cardio Sculpt Jaci	4:30-5:15pm Total Body Cardio Strength *Last class: April 13*	4:10-5:10pm Cardio Sculpt Jaci		
5:45-6:30pm Spin Suzette		5:45-6:30pm Spin Julie	5:45-6:45pm Spin & Power Yoga Suzette		
6:45-7:45pm Yoga-Pilates Fusion Suzette	6:40-7:40pm Zumba Grace	6:40-7:40pm Zumba Grace			
			6:30-7:30pm Classical Yoga Level 1 7:45-9:00pm Classical Yoga Level 2 Deb *Cityside Performing Arts Rm*		
7:30-8:30pm Firm H2O Trish	7:30-8:30pm Hydro Cardio Suzette	7:30-8:30pm Firm H2O Trish	7:30-8:30pm Firm H2O Trish		

Classes highlighted in blue are aquatics classes.

Class sizes are limited and participants are encouraged to pre-register. Stop by or call 748-3230 for details.