

Group Fitness Calendar

Winter 2024/2025 (Beginning Dec. 16)



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15-6:00AM Spin & Strength Cara	5:10-5:55AM Spin Kellie	5:15-6:00AM Spin & Strength Cara	5:10-5:55AM Bootcamp Kellie		
	6:05-6:50AM Bootcamp Kellie		6:05-6:50AM Spin Kellie		
7:00-7:45AM Aqua Fit - Shallow* Kendra	7:00-7:45AM Cardio Drumming* Kendra	7:00-7:45AM Aqua Fit - Shallow* Kendra	7:00-7:45AM Cardio Drumming* Kendra	7:00-7:45AM Aqua Fit - Shallow* Kendra	
8:00-8:45AM Aqua Fit - Deep Kendra		8:00-8:45AM Aqua Fit - Deep Kendra		8:00-8:45AM Aqua Fit - Deep Kendra	
8:00-8:45AM Pilates* Cara	8:00-8:45AM Cardio Dance Gold* Stephani	8:00-8:45AM Pilates* Cara	8:00-8:45AM Zumba Grace	7:45-8:30AM Cardio Dance Gold* Stephani	8:00-9:00AM Zumba Step Grace
9:00-9:45AM Strong & Balanced* Kendra	9:00-9:45AM Strong & Balanced* Erica	9:00-9:45AM Strong & Balanced* Julie	9:00-9:45AM Strong & Balanced* David	9:00-9:45AM Strong & Balanced* Kendra	9:15-10:00AM Spin Julie
	10:00-10:45AM Mobility* Erica	10:00-10:45AM Cardio Drumming* Kendra	10:00-11:00AM Gentle Yoga* Deb		10:10-10:55AM HIIT David
11:00-12:00PM Aqua Fit - Shallow* Kendra	11:00-12:00PM Firm H2O Gold* Erica	11:00-12:00PM Aqua Fit - Shallow* Kendra	11:00-12:00PM Firm H2O Gold* David	11:00-12:00PM Aqua Fit - Shallow* Kendra	
	11:15-12:00PM Strong & Balanced* Mel		12:15-1:00PM Aqua Combat Erin		
3:00-4:00PM Relax Yoga* Love		3:00-4:00PM Relax Yoga* Love			
4:15-5:00PM Pilates* Love	4:10-5:10PM Cardio Sculpt Jaci	4:15-5:00PM Pilates* Love	4:10-5:10PM Cardio Sculpt Jaci		
5:30-6:15PM Spin & Strength David	5:30-6:15PM Cardio Sculpt Jaci	5:30-6:15PM Spin Julie	5:30-6:15PM HIIT David		
6:30-7:15PM HIIT David	6:30-7:30PM Zumba Grace	6:30-7:30PM Zumba Grace	6:40-7:40PM Classical Yoga Deb		
7:30-8:30PM Firm H2O Trish	7:50-8:50PM Spin David	7:30-8:30PM Firm H2O Trish			

CLASS SIZES: Class sizes are limited. Members are encouraged to pre-register online. Stop by or call 616-748-3230 for details.

YOGA MATS: Members are advised to bring their own yoga mat. Limited shared mats are available.

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

Class Descriptions

Aqua Combat	Aqua Combat incorporates kickboxing-style combinations with cardio "spikes" in chest deep water. It is structured in rounds, each consisting of 40 seconds of a fight combination followed by a 20-second spike, repeated 3 times, followed by 1 minute of rest and recovery.
Aqua Fit Deep	A medium intensity deep water workout that combines cardio, core, and strength training.
Aqua Fit Shallow*	A low-to-medium intensity shallow water workout designed to improve joint stability, coordination, heart health, toning, and strength.
Bootcamp	A strength training class that utilizes resistance training for a full body burn.
Cardio Dance Gold*	A combo of dance exercises to improve your cardiovascular fitness, flexibility, coordination, and muscle memory. No dance experience required.
Cardio Drumming*	A standing or sitting workout that utilizes aerobic exercises to improve coordination and tone.
Cardio Sculpt	A high-intensity circuit style class that combines cardio and strength training with power pilates.
Firm H2O	A mix of shallow and deep water high intensity interval, strength, and endurance training.
Firm H2O Gold*	A shallow-only version of Firm H2O that includes stretching, strength, and endurance training.
HIIT	A high-intensity workout that builds muscle & utilizes calisthenic exercises in short, intense bursts.
Mobility*	Designed to improve your range of motion, flexibility, and balance through exercises that strengthen and lengthen your body. Exercises can include a variety of movements and techniques, such as: dynamic stretching, bodyweight exercises, and elements of yoga and pilates.
Pilates*	A total body conditioning program combining flexibility and strength exercises using controlled movements.
Strong and Balanced *	A weight-training workout for all fitness levels that will improve strength, endurance, range of motion, and balance.
Spin	You will get your heart rate up with resistance and speed while jamming to an awesome playlist. Instead of just "riding", you will go through jumps and hovers for a fun motivating challenge.
Spin and Strength	A fusion of cardiovascular training along with an off-the-bike strength workout.
Yoga Classical	A beginner yoga class taught in the Iyengar Method, with clear instructions of poses to develop strength, stamina, balance, posture and flexibility. Level 2 is also available for this class.
Yoga Gentle*	A beginner yoga class that develops muscle, improves balance/posture, and increases flexibility.
Yoga Relax*	A low-impact yoga that focuses on three "R"s: Release, Regulate, and Relax. The physical postures promote flexibility, relieve tension, and alleviate pain.
Zumba	A high-intensity cardio dance class that tones and sculpts your entire body.
Zumba Step	A step-up in intensity from the standard Zumba that uses adjustable risers and toning sticks to increase the cardiovascular workout and tone your whole body.

All of our classes are open to patrons 12 years old and up.

Classes designated with an * are included in our Ultimate Senior Membership and Silver Sneakers program.

See our website for a full description and instructor information.