



Zeeland Recreation Group Fitness Calendar

Zeeland Recreation | 320 E Main | Zeeland, MI 49464 | 616.748.3230

Schedule in effect thru May 31, 2021 | Schedule subject to change

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00-6:45am Spin Kendra				6:00-6:45am Spin Suzette	
7:00-8:00am Sunrise Stretch & Stride Heidi		7:00-8:00am Sunrise Stretch & Stride Heidi		7:00-8:00am Sunrise Stretch & Stride Heidi	
9:00-10:00am Deep H2O Heidi	9:00-10:00am Firm H2O Trish	9:00-10:00am Deep H2O Heidi	9:00-10:00am Firm H2O Trish	9:00-10:00am Deep H2O Heidi	8:00-9:00am Zumba Grace
		9:00-9:45am Senior Strong & Balanced Julie			9:15-10:00am Spin Julie
			10:00-11:00am Gentle Yoga Deb		
11:00-12:00pm Midday Movers Heidi		11:00-12:00pm Midday Movers Heidi		11:00-12:00pm Midday Movers Heidi	
5:45-6:30pm Spin Suzette		5:45-6:30pm Spin Julie			
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 L1 Performing Arts Rm Deb		
			7:45-9:00pm Classical Yoga L2 Performing Arts Rm Deb		
7:30-8:30PM Firm H2O Trish	7:30-8:30PM Hydro Cardio Suzette	7:30-8:30PM Firm H2O Trish		Classes highlighted in blue are aquatics classes. See backside for all class descriptions.	

STUDIO CLASS DESCRIPTIONS

Cardio Strength Fusion- A total body workout mixing cardio and strength training to burn calories, sculpt lean muscles, build core strength and increase flexibility.

Classical Yoga Level 1- A beginner class focusing on alignment to help develop strength, stamina, balance and flexibility.

Classical Yoga Level 2- A wider variety of poses studied more deeply and poses that are more complicated introduced.

Gentle Yoga- Poses taught with modifications. Perfect for new yogis or those who prefer a slower-paced class.

Introduction Classes- Classes designed to help you feel comfortable and confident when you step into your first spin, yoga and Pilates class! Come dressed to participate and ready to have some fun!

Senior Strong & Balanced- Designed to build bone strength and enhance muscular strength and endurance.

Spin- Burns serious calories and offers an awesome aerobic workout.

Zumba- A high-energy workout to tone and sculpt your entire body.

AQUATIC CLASS DESCRIPTIONS

Deep H2O- Uses the water's resistance to deliver an excellent full body workout appropriate for all fitness levels.

Firm H2O- Each class will include 30-minutes of shallow water high intensity interval training, followed by 30-minutes of strength and endurance training throughout the pool for an effective total body workout.

Hydro Cardio- A high-energy class that combines shallow and deep-water components to improve strength and endurance.

Midday Movers- Designed to strengthen and tone muscles and provide a gentle cardiovascular workout.

Sunrise Stretch & Stride- Designed to strengthen and tone muscles and increase flexibility, balance and coordination.