

# ZEELAND RECREATION GROUP FITNESS SCHEDULE

In effect March 15, 2023 | Subject to change

REV 3-15-23

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15-6:00am <b>Spin &amp; Strength</b> Kendra	5:15-5:45am <b>Spin 30</b> Kendra	5:15-6:00am <b>Spin &amp; Strength</b> Kendra	5:15-5:45am <b>Spin 30</b> Kendra		
	5:55-6:25am <b>Muscle Max 30</b> Kendra		5:55-6:25am <b>Muscle Max 30</b> Kendra		
7:00-7:45am <b>Shallow Aqua Fit</b> Kendra		7:00-7:45am <b>Shallow Aqua Fit</b> Kendra		7:00-7:45am <b>Shallow Aqua Fit</b> Kendra	8:00-9:00am <b>Zumba</b> Grace
8:00-8:45am <b>Aqua Mix</b> Kendra		8:00-8:45am <b>Aqua Mix</b> Kendra		8:00-8:45am <b>Aqua Mix</b> Kendra	
9:30-10:15am <b>Senior Power</b> Kendra	9:00-10:00am <b>Zumba Gold</b> Danielle	9:00-9:45am Senior Strong & Balanced Julie	9:00-10:00am <b>Zumba Gold</b> Danielle	9:30-10:15am <b>Senior Power</b> Kendra	9:15-10:00am <b>Spin</b> Julie
11:00-12:00pm <b>Shallow Aqua Fit</b> Kendra		11:00-12:00pm <b>Shallow Aqua Fit</b> Kendra	10:00-11:00am <b>Gentle Yoga</b> Deb	11:00-12:00pm <b>Shallow Aqua Fit</b> Kendra	10:15-11:15am <b>Yoga Flow</b> Michelle <small>Cityside MS Performing Arts Room</small>
	11:00-11:45am <b>Strength &amp; Stretch</b> Mellissa		11:00-11:45am <b>Strength &amp; Stretch</b> Mellissa		
	12:00-1:00pm <b>Yoga Flow</b> Mellissa		12:00-1:00pm <b>Yoga Flow</b> Mellissa		
4:10-5:10pm <b>Barre Fusion</b> Betsy	4:10-5:10pm <b>Cardio Sculpt</b> Jaci	4:10-5:10pm <b>Barre Fusion</b> Betsy	4:10-5:10pm <b>Cardio Sculpt</b> Jaci		
5:45-6:30pm <b>Spin</b> Suzette		5:45-6:30pm <b>Spin</b> Julie	5:45-6:45pm <b>Spin &amp; Power Yoga</b> Suzette		
6:45-7:45pm <b>Yoga-Pilates Fusion</b> Suzette	6:40-7:40pm <b>Zumba</b> Grace	6:40-7:40pm <b>Zumba</b> Grace			
		7:50-8:50pm <b>Restorative Yoga</b> Michelle	6:30-7:30pm <b>Classical Yoga 1</b> Deb	<b>YOGA MATS:</b> Members are advised to bring their own yoga mat. Limited shared mats are available.	
7:30-8:30pm <b>Firm H2O</b> Trish	7:30-8:30pm <b>Hydro Cardio</b> Suzette	7:30-8:30pm <b>Firm H2O</b> Trish	7:45-9:00pm <b>Classical Yoga 2</b> Deb <small>Cityside MS Performing Arts Room</small>	<b>CLASS SIZES:</b> Class sizes are limited. Members are encouraged to pre-register. Stop by or call 748-3230 for details.	