ZEELAND RECREATION GROUP FITNESS SCHEDULE

In effect December 19, 2022 | Subject to change

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		
	5:55-6:25am Muscle Max 30 Kendra		5:55-6:25am Muscle Max 30 Kendra		
7:00-7:45am Shallow Aqua Fit Kendra	6:30-7:30am Mobility Training Danielle	7:00-7:45am Shallow Aqua Fit Kendra	6:30-7:30am Mobility Training Danielle	7:00-7:45am Shallow Aqua Fit Kendra	8:00-9:00am Zumba Grace
8:00-8:45am Aqua Mix Kendra		8:00-8:45am Aqua Mix Kendra		8:00-8:45am Aqua Mix Kendra	
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
11:00-12:00pm Shallow Aqua Fit Kendra		11:00-12:00pm Shallow Aqua Fit Kendra	10:00-11:00am Gentle Yoga Deb	11:00-12:00pm Shallow Aqua Fit Kendra	10:15-11:15am Yoga Flow Michelle
	11:00-11:45am Strength & Stretch Mellissa		11:00-11:45am Strength & Stretch Mellissa		
	12:00-1:00pm Yoga Flow Mellissa		12:00-1:00pm Yoga Flow Mellissa		
4:10-5:10pm Barre Fusion Betsy	4:10-5:10pm Cardio Sculpt Jaci	4:10-5:10pm Barre Fusion Betsy	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			
		7:50-8:50pm Restorative Yoga Michelle	6:30-7:30pm Classical Yoga 1 Deb	**YOGA MATS: Members are advised to bring their own yoga mat. Limited shared mats are available.**	
7:30-8:30pm Firm H2O Trish	7:30-8:30pm Hydro Cardio Suzette	7:30-8:30pm Firm H2O Trish	7:45-9:00pm Classical Yoga 2 Deb Cityside MS Performing Arts Room	**CLASS SIZES: Class sizes are limited. Members are encouraged to pre-register.Stop by or call 748-3230 for details.**	