



# 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 <b>Sunrise Stretch &amp; Stride</b> Heidi		7:00-8:00am <b>Sunrise Stretch &amp; Stride</b> Heidi		7:00-8:00am <b>Sunrise Stretch &amp; Stride</b> Heidi	
9:00-10:00am <b>Deep H2O</b> Heidi	9:00-10:00am <b>Firm H2O</b> Trish	9:00-10:00am <b>Deep H2O</b> Heidi	9:00-10:00am <b>Firm H2O</b> Trish	9:00-10:00am <b>Deep H2O</b> Heidi	8:00-9:00am <b>Zumba</b> Grace
		9:00-9:45am <b>Senior Strong &amp; Balanced</b> Julie			9:15-10:00am <b>Spin</b> Julie
			10:00-11:00am <b>Gentle Yoga</b> Deb		
11:00-12:00pm <b>Midday Movers</b> Heidi		11:00-12:00pm <b>Midday Movers</b> Heidi		11:00-12:00pm <b>Midday Movers</b> Heidi	
5:45-6:30pm <b>Spin</b> Suzette		5:45-6:30pm <b>Spin</b> Julie			
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	6:30-7:30pm <b>Classical Yoga L1</b> Performing Arts Rm Deb		
			7:45-9:00pm <b>Classical Yoga L2</b> Performing Arts Rm Deb		
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		<b>Classes highlighted in blue are aquatics classes. See backside for all class descriptions.</b>	

## 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.