

# Group Fitness Calendar

April 14-May 31 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:10-5:55AM Spin & Strength Kellie	5:10-5:55AM Total Body Strength Kellie	5:10-5:55AM Spin Kellie	5:10-5:55AM Boot Camp Kellie		
6:05-6:50AM Boot Camp Kellie	6:05-6:50AM Boot Camp Kellie	6:05-6:50AM Total Body Strength Kellie	6:05-6:50AM Spin and Strength 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	
				7:45-8:30AM Dance Fusion Gold* Stephani * Ends May 16 *	
8:00-8:45AM Aqua Fit - Deep Kendra	8:00-8:45AM Dance Fusion Gold* Stephani	8:00-8:45AM Aqua Fit - Deep Kendra	8:00-8:45AM Zumba Grace	8:00-8:45AM Aqua Fit - Deep Kendra	8:00-9:00AM Zumba Step Grace
8:00-8:45AM Pilates* Erica		8:00-8:45AM Pilates* Cara			
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		
3:15-4:00PM Pilates* Love		3:15-4:00PM Pilates* Love			
4:15-5:15PM Relax Yoga* Love	4:10-5:10PM Cardio Sculpt Jaci	4:15-5:15PM Relax Yoga* Love	4:10-5:10PM Cardio Sculpt Jaci		
5:30-6:15PM Spin & Strength David	5:30-6:15PM Cardio Sculpt Elley (May-June)	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

<b>Aqua Combat</b>	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.
<b>Aqua Fit Deep</b>	A medium intensity deep water workout that combines cardio, core, and strength training.
<b>Aqua Fit Shallow*</b>	A low-to-medium intensity shallow water workout designed to improve joint stability, coordination, heart health, toning, and strength.
<b>Bootcamp</b>	A strength training class that utilizes resistance training for a full body burn.
<b>Cardio Drumming*</b>	A standing or sitting workout that utilizes aerobic exercises to improve coordination and tone.
<b>Cardio Sculpt</b>	A high-intensity circuit style class that combines cardio and strength training with power pilates.
<b>Dance Fusion Gold*</b>	A combo of dance choreography, cardio, and resistance training set to different tempos of music. You don't have to be a dancer to enjoy moving to the beat!
<b>Firm H2O</b>	A mix of shallow and deep water high intensity interval, strength, and endurance training.
<b>Firm H2O Gold*</b>	A shallow-only version of Firm H2O that includes stretching, strength, and endurance training.
<b>HIIT</b>	A high-intensity workout that builds muscle & utilizes calisthenic exercises in short, intense bursts.
<b>Mobility*</b>	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.
<b>Pilates*</b>	A total body conditioning program combining flexibility and strength exercises using controlled movements.
<b>Strong and Balanced *</b>	A weight-training workout for all fitness levels that will improve strength, endurance, range of motion, and balance.
<b>Spin</b>	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.
<b>Spin and Strength</b>	A fusion of cardiovascular training along with an off-the-bike strength workout.
<b>Total Body Strength</b>	TBS will incorporate a variety of exercises using resistance equipment, body weight, stability balls, and free weights for a total body workout.
<b>Yoga Classical</b>	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.
<b>Yoga Gentle*</b>	A beginner yoga class that develops muscle, improves balance/posture, and increases flexibility.
<b>Yoga Relax*</b>	A low-impact yoga that focuses on three "R"s: Release, Regulate, and Relax. The physical postures promote flexibility, relieve tension, and alleviate pain.
<b>Zumba</b>	A high-intensity cardio dance class that tones and sculpts your entire body.
<b>Zumba Step</b>	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.**