

Group Fitness Calendar

September 29, 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	6:05-6:50AM Rise and Lift Cara	
7:00-7:45AM Aqua Fit - Shallow * Kendra	7:00-7:45AM Cardio Drumming * Kendra (Shoreline)	7:00-7:45AM Aqua Fit - Shallow * Kendra	7:00-7:45AM Cardio Drumming * Kendra (Shoreline)	7:00-7:45AM Aqua Fit - Shallow * Kendra	
8:00-8:45AM Aqua Fit - Deep Kendra	8:00-8:45AM Barre Fusion * Stephani (Shoreline)	8:00-8:45AM Aqua Fit - Deep Kendra	8:00-8:45AM Zumba Grace	7:45-8:30AM Dance Fusion Gold * Stephani	8:00-9:00AM Zumba Step Grace
8:00-8:45AM Pilates * Erica		8:00-8:45AM Pilates * Cara		8:00-8:45AM Aqua Fit - Deep Kendra	
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
10:00-11:00AM WERQ Dance * Tori	10:00-10:45AM Mobility * Erica	10:00-10:45AM Cardio Drumming * Kendra (Shoreline)	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	
				CLASS SIZES: Class sizes are limited. Members are encouraged to pre-register online. Stop by or call 616-748-3230 for details. SHORELINE: Second Floor Studio Zeeland Recreation 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	
	12:15-1:00PM Full Body Reset * Erica		12:15-1:00PM Full Body Reset * Erica		
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 Julie	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		7:30-8:30PM Firm H2O Trish			

Class Descriptions

Aqua Fit Deep	A medium intensity deep water workout that combines cardio, core, and strength training.
Aqua Fit Shallow*	A low-to-medium intensity shallow water workout designed to improve joint stability, coordination, heart health and strength.
Barre Fusion*	Feel stronger with this athletic barre workout using a weighted bar and Pilates ball to tone, strengthen your core, and challenge balance.
Bootcamp	A strength training class that utilizes resistance training for a full body burn.
Cardio Drumming*	A standing or sitting workout that utilizes aerobic exercises to improve coordination and tone.
Cardio Sculpt	A high-intensity circuit style class that combines cardio and strength training with power pilates.
Dance Fusion Gold*	A combo of dance choreography, cardio, and resistance training set to different tempos of music.
Firm H2O	A mix of shallow and deep water high intensity interval, strength, and endurance training.
Firm H2O Gold*	A shallow-only version of Firm H2O that includes stretching, strength, and endurance training.
Full Body Reset*	Recharge with this low-impact, full-body workout that builds strength, improves posture, and boosts energy.
HIIT	A high-intensity workout that builds muscle & utilizes calisthenic exercises in short, intense bursts.
Mobility*	Designed to improve your range of motion, flexibility, and balance through exercises that strengthen and lengthen your body.
Pilates*	A total body conditioning program combining flexibility and strength exercises using controlled movements.
Rise and Lift	A full-body workout with strength and cardio bursts to build energy, strength, and stamina for all fitness levels.
Spin	Boost your heart rate with resistance, speed, and a fun playlist—plus jumps and hovers to keep it exciting.
Spin and Strength	A fusion of cardiovascular training along with an off-the-bike strength workout.
Strong and Balanced *	A weight-training workout for all fitness levels that will improve strength, endurance, range of motion, and balance.
Total Body Strength	TBS uses resistance gear, body weight, stability balls, and free weights for a full-body workout.
Yoga Classical	A beginner Iyengar yoga class with clear instruction to build strength, balance, posture, and flexibility.
Yoga Gentle*	A beginner yoga class that develops muscle, improves balance/posture, and increases flexibility.
Yoga Relax*	A low-impact yoga class focused on Release, Regulate, and Relax to improve flexibility and relieve tension.
Werq*	WERQ Dance Fitness is a fun cardio dance class with pop and hip-hop music for all fitness levels.
Zumba	A high-intensity cardio dance class that tones and sculpts your entire body.
Zumba Step	A higher-intensity Zumba with risers and toning sticks to boost cardio and tone your body.