

Group Fitness Calendar

July 28-Aug 9



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 - Deep* <small>July 28: Canceled Aug 4: ZW Natatorium</small>	7:00-7:45AM Cardio Drumming* Kendra	7:00-7:45AM Aqua Fit - Deep* ZW Natatorium	7:00-7:45AM Cardio Drumming* Kendra	7:00-7:45AM Aqua Fit - Deep* ZW Natatorium	
8:00-8:45AM Aqua Fit - Deep <small>July 28: Canceled Aug 4: ZW Natatorium</small>	8:00-8:45AM Dance Fusion Gold* Stephani	8:00-8:45AM Aqua Fit - Deep ZW Natatorium	8:00-8:45AM Zumba Grace	8:00-8:45AM Aqua Fit - Deep ZW Natatorium	8:00-9:00AM Zumba Step Grace
8:00-8:45AM Pilates* Erica		8:00-8:45AM Pilates* Cara	FREE Family Fitness in Park <small>Pilates: July 31 Yoga: Aug 7, 14, 21 Time: 9:00AM Location: Lawrence St Park</small>		
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	FREE Adult Fitness in Park <small>Pilates: July 31 Yoga: Aug 7, 14, 21 Time: 10:00AM Location: Lawrence St Park</small>		10:10-10:55AM HIIT David
11:00-12:00PM Aqua Fit - Deep* <small>July 28: Canceled Aug 4: ZW Natatorium</small>		11:00-12:00PM Aqua Fit - Deep* ZW Natatorium		11:00-12:00PM Aqua Fit - Deep* ZW Natatorium	
			11:30-12:30pm Gentle Yoga* Tori	<p>CLASS SIZES: Class sizes are limited. Members are encouraged to pre-register online. Stop by or call 616-748-3230 for details.</p> <p>YOGA MATS: Members are advised to bring their own yoga mat. Limited shared mats are available.</p> <p>* Class is included in our Senior Membership but is not exclusively for seniors</p>	
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	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			
	7:50-8:50PM Spin David				

	Class Descriptions
Aqua Combat	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.
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, toning, and strength.
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. You don't have to be a dancer to enjoy moving to the beat!
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.
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. Exercises can include a variety of movements and techniques, such as: dynamic stretching, bodyweight exercises, and elements of yoga and pilates.
Pilates*	A total body conditioning program combining flexibility and strength exercises using controlled movements.
Strong and Balanced *	A weight-training workout for all fitness levels that will improve strength, endurance, range of motion, and balance.
Spin	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.
Spin and Strength	A fusion of cardiovascular training along with an off-the-bike strength workout.
Total Body Strength	TBS will incorporate a variety of exercises using resistance equipment, body weight, stability balls, and free weights for a total body workout.
Yoga Classical	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.
Yoga Gentle*	A beginner yoga class that develops muscle, improves balance/posture, and increases flexibility.
Yoga Relax*	A low-impact yoga that focuses on three "R"s: Release, Regulate, and Relax. The physical postures promote flexibility, relieve tension, and alleviate pain.
Zumba	A high-intensity cardio dance class that tones and sculpts your entire body.
Zumba Step	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.