

# Group Fitness Calendar

September 8, 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	
				<p><b>CLASS SIZES:</b> Class sizes are limited. Members are encouraged to pre-register online. Stop by or call 616-748-3230 for details.</p> <p><b>SHORELINE:</b> Second Floor Studio Zeeland Recreation</p> <p><b>YOGA MATS:</b> Members are advised to bring their own yoga mat. Limited shared mats are available.</p> <p><b>* Class is included in our Senior Membership but is not exclusively for seniors</b></p>	
	12:15-1:00PM Full Body Reset * Erica		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 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	7:50-8:50PM Spin David	7:30-8:30PM Firm H2O Trish			

## Class Descriptions

<b>Aqua Combat</b>	Aqua Combat incorporates kickboxing-style combinations with cardio "spikes" in chest deep water.
<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 and strength.
<b>Barre Fusion*</b>	Feel stronger with this athletic barre workout using a weighted bar and Pilates ball to tone, strengthen your core, and challenge balance.
<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.
<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>Full Body Reset*</b>	Recharge with this low-impact, full-body workout that builds strength, improves posture, and boosts energy.
<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.
<b>Pilates*</b>	A total body conditioning program combining flexibility and strength exercises using controlled movements.
<b>Rise and Lift</b>	A full-body workout with strength and cardio bursts to build energy, strength, and stamina for all fitness levels.
<b>Spin</b>	Boost your heart rate with resistance, speed, and a fun playlist—plus jumps and hovers to keep it exciting.
<b>Spin and Strength</b>	A fusion of cardiovascular training along with an off-the-bike strength workout.
<b>Strong and Balanced *</b>	A weight-training workout for all fitness levels that will improve strength, endurance, range of motion, and balance.
<b>Total Body Strength</b>	TBS uses resistance gear, body weight, stability balls, and free weights for a full-body workout.
<b>Yoga Classical</b>	A beginner Iyengar yoga class with clear instruction to build strength, balance, posture, and flexibility.
<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 class focused on Release, Regulate, and Relax to improve flexibility and relieve tension.
<b>Werq*</b>	WERQ Dance Fitness is a fun cardio dance class with pop and hip-hop music for all fitness levels.
<b>Zumba</b>	A high-intensity cardio dance class that tones and sculpts your entire body.
<b>Zumba Step</b>	A higher-intensity Zumba with risers and toning sticks to boost cardio and tone your body.