ZEELAND RECREATION

Group Fitness Calendar

Effective November 30, 2026

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** Bootcamp Kellie	**5:10-5:55AM** Bar & Build Kellie	
6:05-6:50AM Bootcamp Kellie	**6:05-6:50AM** Bar & Build Kellie	**6:05-6:50AM** Total Body Strength Kellie	**6:05-6:50AM** Spin and Strength Kellie	**6:05-6:50AM** Bootcamp Kellie	
7:00-7:45AM Aqua Fit Shallow* Kendra	**7:00-7:45AM** Cardio Drumming* Kendra (Dance Studio)	**7:00-7:45AM** Aqua Fit Shallow* Kendra	**7:00-7:45AM** Cardio Drumming* Kendra (Dance Studio)	**7:00-7:45AM** Aqua Fit Shallow* Kendra	
				7:15-7:45AM Core & More30* Erica	
8:00-8:45AM Aqua Fit Deep Kendra		**8:00-8:45AM** Aqua Fit Deep Kendra		**8:00-8:45AM** Aqua Fit Deep Kendra	
8:00-8:45AM Pilates* Erica	**8:00-8:45AM** Barre Fusion* Julie (Dance Studio)	**8:00-8:45AM** Yogalates* Julie	**8:00-8:45AM** Circuit Circus* David	**8:00-8:45AM** Dance Fusion Gold* Grace	**8:00-9:00AM** Zumba Step Grace
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** Cardio Drumming* Julie/Kendra
10:00-10:45AM Strong & Balanced* Julie	**10:00-10:45AM** Mobility* Erica	**10:00-10:45AM** Cardio Drumming* Kendra (Dance Studio)	**10:00-11:00AM** Gentle Yoga* Deb	**10:00-10:45AM** SOS* Kendra	**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	
11:00-11:45AM SOS* Julie		**11:00-11:45AM** SOS* Julie			
	12:15-1:00PM Full Body Reset* Erica		**12:15-1:00PM** Full Body Reset* Erica	**12:15-1:00PM** Mobility* Erica	
3:15-4:00PM Yogalates* Julie		**3:15-4:00PM** Pilates* Love		**3:15-4:00PM** Pilates* Love	
	4:10-5:10PM Cardio Sculpt Jaci	**4:15-5:15PM** Relax Yoga* Love	**4:10-5:10PM** Cardio Sculpt Jaci	**4:15-5:15PM** Relax Yoga* Love	
5:30-6:15PM Spin & Strength David	**5:30-6:15PM** Zumba + Lift Grace	**5:30-6:15PM** Spin Julie	**5:30-6:15PM** HIIT David		
6:30-7:15PM HIIT David	**6:30-7:30PM** Zumba + Cardio 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			

Classes in blue are held in the East Pool

*** Class is included in our Senior Membership but is not exclusively for seniors**

CLASS SIZES: Class sizes are limited. Members are encouraged to pre-register online. Stop by or call 616-748-3230 for details.

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.
Bar & Build	A full-body strength class using individual bars with 2.5, 5, or 10-pound weights. Expect higher reps with challenging, moderate weights to build strength, tone muscles, and improve endurance.
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.
Circuit Circus*	This high-energy circuit training class keeps you moving through a variety of fun, unpredictable stations designed to challenge your strength, cardio, and endurance.
Core & More30*	A 30-minute core class using exercises like crunches, leg lifts, bridges, and gentle core holds. This workout is done entirely on the floor, so you'll need to be able to get down and up from the mat.
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, & 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.
SOS*	Strength over Sixty is a low-impact class building functional strength, balance, and mobility through safe, guided exercises tailored for adults over sixty.
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 & 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	This beginner-level class is taught in the Iyengar Method, which focuses on clear instructions and guidance.
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.
Yogalates*	A low-impact, hybrid fitness class that blends the deep stretching of yoga with the core-strengthening techniques of Pilates.
Zumba	A high-intensity cardio dance class that tones and sculpts your entire body.
Zumba + Cardio	Provides low, moderate, and high-intensity dance segments for a great cardio workout.
Zumba + Lift	Resistance training utilizing dumbbells, bands, and bodyweight to build and strengthen muscles.
Zumba Step	A higher-intensity Zumba with risers and toning sticks to boost cardio and tone your body.

zps.org/z-recreation
Phone: 616.748.3230

Hours: Monday -Thursday 5am-9pm
Friday 5am-7:30pm | Saturday 7:30am-4pm