

## Kentwood Recreation Fitness



Register: Kentwood Recreation (616) 656-5270  
 Questions: Lorraine Beloncis,  
 Community Fitness Coordinator  
 355-48th St SE, Kentwood, MI 49548  
 (616) 656-5278  
 www.yourkprd.org

### The "REC" Fitness Center Recreation Enriching Community

Your neighborhood fitness center! The best kept secret in town is in your own backyard! It is affordable, close to home with hours: Monday-Thursday 9am-6pm, Friday 9am-5pm. We offer a fully loaded exercise equipment room and gymnasium! Enjoy working out on our two treadmills, two elliptical machines, a SportsArt recumbent bike, a SCIFIT rotary cardiovascular machine, a HOIST 4 station multi stack gym, shooting hoops or walking in the gym.



PUNCH CARDS	AGES 16-49	AGES 50+	CODE
3 Visit (Limit 1)	FREE!	FREE!	#552730A
10 Visit	\$22r/\$33nr	\$15r/\$22nr	#552732A
Yearly Membership	\$199r/\$229nr	\$131r/\$161nr	#552731A

**Check out our Fitness Club for 3 FREE Visits!**

### Tai Chi

The slow controlled movements of Tai Chi offer a great physical and mental workout known for its many health benefits such as improving and maintaining flexibility, range of motion, balance and to build muscle in the legs and lower back. **\*NEW!** Kentwood Recreation has partnered with Metro Health to provide a new Tuesday Night Class (\*see below)! Instructor: Ray Shonk.



SESS	TIME	DAY	DATES	#WKS	CODE	COST
1*	7:00-8pm	Tu	01/04 - 02/22	(8 wks)	#542430A	\$ 50
2	9:30-11am	Sa	01/08 - 01/29	(4 wks)	#542431A	\$ 30
3	9:30-11am	Sa	02/05 - 02/26	(4 wks)	#542432A	\$ 30
4*	7:00-8pm	Tu	03/01 - 04/19	(8 wks)	#512430A	\$ 50
5	9:30-11am	Sa	03/05 - 03/26	(4 wks)	#512431A	\$ 30
6	9:30-11am	Sa	04/02 - 04/23	(4 wks)	#512432A	\$ 30

## MAC Group Fitness Classes



THE MAC

Register: Kentwood Recreation (616) 656-5270  
 Questions: Jennie Jorstad, MAC Group Fitness  
 2500 Burton St SE G.R., MI 49546  
 (616) 956-8003 ext. 346  
 www.michiganathleticclub.com

### 2011 MAC Group Fitness Sessions

Session 1: January 3 - February 13 (6 weeks) Ages 13+  
 Session 2: February 14 - March 27 (6 weeks) Ages 13+

### Step Interval

This class includes free-style step intervals with additional cardio and strength options. Multiple benches may be used for variety.

TIME	DAY	SESSION 1 R/NR	SESSION 2 R/NR
5:30am	W (45 min)	#542615E \$36/\$51	#542625E \$36/\$51



### Turbo Kick

We give you the very best kickboxing sports drills, leg and ab work, and mix it up to the latest tunes with some hip-hop flavor. You will leave sweatin' and smiling'!

TIME	DAY	SESSION 1 R/NR	SESSION 2 R/NR
5:45am	M	#542616A \$48/\$63	#542626A \$48/\$63
5:30pm	Th	#542616B \$48/\$63	#542626B \$48/\$63
8:00am	F (45 min)	#542616C \$36/\$51	#542626C \$36/\$51
9:30am	Sa	#542616D \$48/\$63	#542626D \$48/\$63

### Yoga

**PIYO:** Pilates and yoga exercises will strengthen your core, improve balance and posture and increase flexibility. 45 minutes.

**STRETCH & FLEX YOGA (S&F):** Yoga basics. Emphasis on detailed instruction, basic alignment and body/breath awareness.

TIME	DAY	SESSION 1 R/NR	SESSION 2 R/NR
9:50am	M (S&F)	#542617A \$48/\$63	#542627A \$48/\$63
6:30pm	Th (PIYO)	#542617B \$36/\$51	#542627B \$36/\$51
9:50am	F (S&F)	#542617C \$48/\$63	#542627C \$48/\$63
5:10pm	Su (S&F)	#542617D \$48/\$63	#542627D \$48/\$63

You'll love this fusion of Latin and International music and dance themes, creating a dynamic, exciting and highly effective fitness class. Zumba is an excellent cardio and total body toning program...join the party! Check it out at [www.zumba.com](http://www.zumba.com)



TIME	DAY	SESSION 1 R/NR	SESSION 2 R/NR
6:00pm	M	#542618A \$48/\$63	#542628A \$48/\$63
9:30am	Tu	#542618B \$48/\$63	#542628B \$48/\$63
5:30pm	W	#542618C \$48/\$63	#542628C \$48/\$63
9:30am	Th	#542618D \$48/\$63	#542628D \$48/\$63