



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



## Tai Chi

Tai Chi Chuan (Taijiquan), an ancient martial art, has been found to have many healing properties including cardiovascular health, flexibility, relaxation, balance, core strength, blood pressure, stress, arthritis, multiple sclerosis and respiratory problems. Learn at your own pace with explanation, demonstration, as well as theory and philosophy. \*If cost prevents you from participation (Tuesday nights only), call Metro Health at (616) 252-7117. Instructor: Ray Shonk.

DATES	TIME	DAY	WKS	CODE	COST
Oct 11-Nov 29	7:00-8pm	Tu	8 wks	#532432A	\$50
Jan 3-Feb 21	7:00-8pm	Tu	8 wks	#542430A	\$50
Mar 6-Apr 24	7:00-8pm	Tu	8 wks	#512430A	\$50

**Tuesday Site: Kentwood Activities Center (355-48th St SE)**  
**Partner: Metro Health Live Healthy Program**

DATES	TIME	DAY	CODE	COST PER WK
*Dec 3-Feb 25	9:30-11am	Sa	#542431A	\$10 Drop-in
<b>*No Classes 12/24 &amp; 12/31</b>				
Mar 3-May 26	9:30-11am	Sa	#512431A	\$10 Drop-in

**Saturday Site: Kentwood Library (4950 Breton Ave)**

## Tae Kwon Do

Taekwondo is a popular family-friendly martial art. Class includes: stretching, basic movements, individual forms and one-step paired exercises. Learn practical self defense, promote better health and improve each concentration and self esteem. Instructor: Paul E. La Vigne, Kukkiwon certified. Ages: 7+

**Site: St Mark Lutheran School Gym (1934 52nd St SE)**

DATES	TIME	DAY	WKS	CODE	COST
Jan 10-Feb 14	6:30-7:30pm	Tu	(6 wks)	#542432A	\$36
Feb 21-Mar 27	6:30-7:30pm	Tu	(6 wks)	#542433A	\$36

## The "REC" Fitness Center

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. Guides are posted for quick and easy adjustments of the machines.

**Hours: Monday-Thursday 9am-6pm, Friday 9am-5pm**

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 Center for 3 FREE Visits!**

Register:  
Kentwood Recreation  
(616) 656-5270  
Classes held at:  
Champion Fitness  
4525 Stauffer Ave SE  
Kentwood, MI 49508  
(616) 827-0100  
Find class descriptions at [www.champfitness.com](http://www.champfitness.com)



Limited childcare available!

**2012 Champion Group Fitness Classes**  
Session 1: January 2-February 12 (6 weeks)  
Session 2: February 13-March 25 (6 weeks)

## Body Pump

TIME	DAY	JAN 2-FEB 12	FEB 13-MAR 25
9:00am	M	#542510B \$39r/\$54nr	#542520B \$39r/\$54nr
6:30pm	M	#542510C \$39r/\$54nr	#542520C \$39r/\$54nr
5:00pm	Tu	#542510D \$39r/\$54nr	#542520D \$39r/\$54nr
6:30pm	W	#542510E \$39r/\$54nr	#542520E \$39r/\$54nr
9:00am	Th	#542510F \$39r/\$54nr	#542520F \$39r/\$54nr
5:00pm	Th	#542510G \$39r/\$54nr	#542520G \$39r/\$54nr
9:00am	Sa	#542510H \$39r/\$54nr	#542520H \$39r/\$54nr

## Cycling

TIME	DAY	JAN 2-FEB 12	FEB 13-MAR 25
7:30pm	M (30)	#542511A \$20r/\$35nr	#542521A \$20r/\$35nr

## Step

TIME	DAY	JAN 2-FEB 12	FEB 13-MAR 25
10:00am	M (30)	#542512A \$20r/\$35nr	#542522A \$20r/\$35nr
5:00pm	M (45)	#542512B \$30r/\$45nr	#542522B \$30r/\$45nr
8:15am	Th	#542512C \$39r/\$54nr	#542522C \$39r/\$54nr
9:00am	F (Double)	#542512D \$39r/\$54nr	#542522D \$39r/\$54nr
10:00am	Sa (30)	#542512E \$20r/\$35nr	#542522E \$20r/\$35nr

## Turbo Kick

TIME	DAY	JAN 2-FEB 12	FEB 13-MAR 25
9:00am	Tu	#542513A \$39r/\$54nr	#542523A \$39r/\$54nr
5:30pm	W	#542513B \$39r/\$54nr	#542523B \$39r/\$54nr
8:00am	Sa	#542513C \$39r/\$54nr	#542523C \$39r/\$54nr

## Yoga Flex

TIME	DAY	JAN 2-FEB 12	FEB 13-MAR 25
10:00am	Tu	#542514A \$39r/\$54nr	#542524A \$39r/\$54nr
7:00pm	Tu	#542514B \$39r/\$54nr	#542524B \$39r/\$54nr
9:00am	W	#542514C \$39r/\$54nr	#542524C \$39r/\$54nr

## Zumba

TIME	DAY	JAN 2-FEB 12	FEB 13-MAR 25
5:45pm	M (45)	#542515A \$30r/\$45nr	#542525A \$30r/\$45nr
10:00am	W	#542515C \$39r/\$54nr	#542525C \$39r/\$54nr
10:00am	Th (45)	#542515D \$30r/\$45nr	#542525D \$30r/\$45nr
6:00pm	Th	#542515E \$39r/\$54nr	#542525E \$39r/\$54nr
10:30am	Sa	#542515F \$39r/\$54nr	#542525F \$39r/\$54nr