



Schedule effective September 13, 2021 (subject to change)

What you need to know:

- Classes available at a suggested donation of \$3.00/class
- SilverSneakers members attend at no cost!
- Focus is on strengthening, balance, conditioning, flexibility and having fun!
- Safe and effective for older adults!
- If you are not feeling well please stay home.

Call 616-233-0283 to register!

In Person Class Schedule

Schedules and COVID precautions subject to change. Masks are strongly recommended.

Alpine Baptist Church

692 7 Mile Rd, Comstock Park
Mon. Wed. and Fri. 11:00am

Caledonia KDL (Kent District Library) **Starting 9/14/21**

6260 92nd St., Caledonia MI
Tues. and Thurs. at 10:30am

Cedar Springs Public Schools Hilltop

Admin. Board Room **Starting 9/14/21**
204 E. Muskegon St, Cedar Springs
Tues. and Thurs at 9:00am

Grandville Senior Neighbors

3380 Division, Grandville
Mon. and Wed. at 10:45am

North Kent Presbyterian Church

6175 Kuttshill Dr. NE, Rockford **Starting 9/20/21**
Mondays and Wednesdays at 9:15am

United Methodist Community House

904 Sheldon Ave SE
Wed. and Fri. at 11am

Westview CRC

2929 Leonard NW, Grand Rapids
Wed. and Fri. at 9:30am

Zoom Fit Class Schedule

Mondays and Wednesdays at 10:00am with Dani

Fridays at 9:15 with Rosemary

Zoom Fit videos also will be released weekly and can be viewed at your leisure within 48 hours of release. For more information on this contact Julie at 616-233-0283.

