CITY OF GRAND RAPIDS | Parks and Recreation

NOVEMBER 2026
FITNESS GOLD & PICKLEBALL

Programs are FREE for Grand Rapids residents & just $5 per day for non-residents
In case of inclement weather, call 616.456.3699 or check the Facebook page to find out about closures and cancellations.

MON	TUE	WED	THU	FRI
Nov 2 10:00 am **Cardio & Strength** 11:00 am **Pilates** 12:00-2:30 pm **Pickleball Drop-in Play**	**Nov 3** 10:00 am **Barre** 11:00 am **Ballroom Dancing** 12:00-2:30 pm **Pickleball Drop-in Play**	**Nov 4** 10:00 am **Zumba Gold** 11:10 am **Stretch & Flex** 12:00-2:30 pm **Pickleball Drop-in Play**	**Nov 5** 10:00 am **Senior Strength** 11:00 am **Pilates** 12:00-2:30 pm **Pickleball Drop-in Play**	**Nov 6** 11:10 am **Stretch & Flex** ***Pickleball Drop-in Play*** 9:30 am-12:00 pm **Open** 12:00-2:30 pm **Beginner +**
9 10:00 am **Cardio & Strength** 11:00 am **Pilates** 12:00-2:30 pm **Pickleball Drop-in Play**	**10** 10:00 am **Barre** 11:00 am **Ballroom Dancing** 12:00-2:30 pm **Pickleball Drop-in Play**	**11** 10:00 am **Zumba Gold** 11:10 am **Stretch & Flex** 12:00-2:30 pm **Pickleball Drop-in Play**	**12** 10:00 am **Senior Strength** 11:00 am **Pilates** 12:00-2:30 pm **Pickleball Drop-in Play**	**13** 11:10 am **Stretch & Flex** ***Pickleball Drop-in Play*** 9:30 am-12:00 pm **Open** 12:00-2:30 pm **Beginner +**
16 10:00 am **Cardio & Strength** 11:00 am **Pilates** 12:00-2:30 pm **Pickleball Drop-in Play**	**17** 10:00 am **Barre** 11:00 am **Ballroom Dancing** 12:00-2:30 pm **Pickleball Drop-in Play**	**18** 10:00 am **Zumba Gold** 11:10 am **Stretch & Flex** 12:00-2:30 pm **Pickleball Drop-in Play**	**19** 10:00 am **Senior Strength** 11:00 am **Pilates** 12:00-2:30 pm **Pickleball Drop-in Play**	**20** 11:10 am **Stretch & Flex** ***Pickleball Drop-in Play*** 9:30 am-12:00 pm **Open** 12:00-2:30 pm **Beginner +**
23 10:00 am **Cardio & Strength** 11:00 am **Pilates** 12:00-2:30 pm **Pickleball Drop-in Play**	**24** 10:00 am **Barre** NO Ballroom Dancing 12:00-2:30 pm **Pickleball Drop-in Play**	**25** 10:00 am **Zumba Gold** 11:10 am **Stretch & Flex** 12:00-2:30 pm **Pickleball Drop-in Play**	**26** MLK COMMUNITY CENTER CLOSED **HAPPY THANKSGIVING!**	**27** ***Center opens @ 12pm*** NO Stretch & Flex 12:00-2:30 pm **Pickleball Drop-in Play**
30 10:00 am **Cardio & Strength** 11:00 am **Pilates** 12:00-2:30 pm **Pickleball Drop-in Play**	**Dec 1** 10:00 am **Barre** 11:00 am **Ballroom Dancing** 12:00-2:30 pm **Pickleball Drop-in Play**	**Dec 2** 10:00 am **Zumba Gold** 11:10 am **Stretch & Flex** 12:00-2:30 pm **Pickleball Drop-in Play**	**Dec 3** 10:00 am **Senior Strength** 11:00 am **Pilates** 12:00-2:30 pm **Pickleball Drop-in Play**	**Dec 4** 11:10 am **Stretch & Flex** ***Pickleball Drop-in Play*** 9:30 am-12:00 pm **Open** 12:00-2:30 pm **Beginner +**

LEARN MORE about programs at grandrapidsmi.gov/recreation or by calling 616.456.3696 option 1

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PROGRAM DESCRIPTIONS

FITNESS GOLD & PICKLEBALL AT MLK COMMUNITY CENTER (900 Fuller Ave SE)
These fitness classes are designed to be low-impact and ideal for adults 50+, but they're open to anyone ages 18 and older.

Like us on **Facebook** - City of Grand Rapids Parks and Recreation

FITNESS & DANCE CLASSES

Cardio & Strength Low Impact Workout
Mondays from **10:00 - 10:50 am**
This workout provides aerobic benefits, improves mobility and strength. Hand weights and resistance bands are used. Bring your yoga mat.

Pilates (Low Impact)
Mondays & Thursdays from **11:00 - 11:50 am**
Tone muscles, improve posture, and learn flexibility and balance. Focus on moving as one unit with control and grace. Improve circulation, endurance and reduce stress. Limited number of mats available.

Barre
Tuesdays from **10:00 - 10:50 am**
Barre is a low impact, high intensity total body workout that incorporates elements of Pilates, Ballet and Yoga, and set to fun upbeat music! You will use light hand weights, resistance bands, and your own body weight to build strength and endurance and then stretch everything out to increase your flexibility. Barre is a great workout for any fitness level.

Ballroom Dancing
Tuesdays from **11:00 - 11:45 am**
A beginner class targeted toward those wanting to learn ballroom dancing. Learn the dances like the Salsa, Waltz, Foxtrot, East Coast Swing, Cha Cha, Rumba & Tango.

Stretch & Flex Fitness
Wednesdays & Fridays from **11:10 am - 12:00 pm**
This class begins in a chair and works on increasing your strength, balance, and flexibility while using light hand weights.

Zumba Gold
Wednesdays from **10:00 - 10:50 am**
Zumba Gold is a Latin based dance fitness class which uses easy-to-follow choreography focusing on balance, range of motion and coordination.

Senior Strength
Thursdays from **10:00 - 10:50 am**
Senior Strength offers a welcoming, supportive environment to help you feel stronger, more confident, and energized in daily life. This is a low-impact fitness class designed to help build and maintain strength, improve balance, and support overall wellness using dumbbells, resistance bands, and simple body movements, with a focus on increasing muscle tone, joint stability, and coordination.

PICKLEBALL DROP-IN PLAY

Mondays, Tuesdays, Wednesdays & Thursdays from **12:00 - 2:30 pm**
Fridays, Open from **9:30 am - 12:00 pm &**
Beginner from **12:00 - 2:30 pm**

Come play a fun sport with great people!