



Parks and
Recreation

JULY 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
June 29 10:00 am Cardio & Strength 11:00 am Pilates Pickleball Drop-in Play 9:00-11:30 am	June 30 10:00 am Barre 11:00 am Ballroom Dancing Pickleball Drop-in Play 9:00-11:30 am	July 1 10:00 am Zumba Gold NO Stretch & Flex Pickleball Drop-in Play 9:00-11:30 am	2 10:00 am Senior Strength 11:00 am Pilates Pickleball Drop-in Play 9:00-11:30 am	3 NO Stretch & Flex Beginner Pickleball Drop-in Play 9:00-11:30 am
6 10:00 am Cardio & Strength 11:00 am Pilates Pickleball Drop-in Play 9:00-11:30 am	7 10:00 am Barre 11:00 am Ballroom Dancing Pickleball Drop-in Play 9:00-11:30 am	8 10:00 am Zumba Gold 11:10 am Stretch & Flex Pickleball Drop-in Play 9:00-11:30 am	9 10:00 am Senior Strength 11:00 am Pilates Pickleball Drop-in Play 9:00-11:30 am	10 11:10 am Stretch & Flex Beginner Pickleball Drop-in Play 9:00-11:30 am
13 10:00 am Cardio & Strength 11:00 am Pilates Pickleball Drop-in Play 9:00-11:30 am	14 10:00 am Barre 11:00 am Ballroom Dancing Pickleball Drop-in Play 9:00-11:30 am	15 10:00 am Zumba Gold 11:10 am Stretch & Flex Pickleball Drop-in Play 9:00-11:30 am	16 10:00 am Senior Strength 11:00 am Pilates Pickleball Drop-in Play 9:00-11:30 am	17 11:10 am Stretch & Flex Beginner Pickleball Drop-in Play 9:00-11:30 am
20 10:00 am Cardio & Strength 11:00 am Pilates Pickleball Drop-in Play 9:00-11:30 am	21 10:00 am Barre 11:00 am Ballroom Dancing Pickleball Drop-in Play 9:00-11:30 am	22 10:00 am Zumba Gold 11:10 am Stretch & Flex Pickleball Drop-in Play 9:00-11:30 am	23 10:00 am Senior Strength 11:00 am Pilates Pickleball Drop-in Play 9:00-11:30 am	24 11:10 am Stretch & Flex Beginner Pickleball Drop-in Play 9:00-11:30 am 12:30 pm Lunch @ Brunch House
27 10:00 am Cardio & Strength 11:00 am Pilates Pickleball Drop-in Play 9:00-11:30 am	28 10:00 am Barre 11:00 am Ballroom Dancing Pickleball Drop-in Play 9:00-11:30 am	29 10:00 am Zumba Gold 11:10 am Stretch & Flex Pickleball Drop-in Play 9:00-11:30 am	30 10:00 am Senior Strength 11:00 am Pilates Pickleball Drop-in Play 9:00-11:30 am	31 11:10 am Stretch & Flex Beginner Pickleball Drop-in Play 9:00-11:30 am

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



CITY OF
GRAND
RAPIDS

Parks and
Recreation

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

Check the schedule on the other side.

Come play a fun sport with great people!

FRIDAY LUNCH

Lunch at Brunch House - Friday, July 24

Meet at the restaurant at 12:30 pm

Everyone is responsible for the cost of their meal and transportation.
We will visit Brunch House located at 820 Forest Hills Ave, Grand Rapids