

COMMUNITY EXERCISE CLASS SCHEDULE

May 1 - September 30, 2026

TUESDAYS

9 - 9:45 am

Spin Class

This indoor cycling class features high-intensity cardio and rhythm-based choreography, alternating between sprinting and climbing on the stationary bike.

10 - 10:45 am

Full Body Strength

You will challenge both muscular strength and muscular endurance by incorporating weights designed to work the major muscle groups.

WEDNESDAYS

12 - 12:45 pm

Zumba

Dance to the beats of salsa, bachata and other known songs while grooving that body!

THURSDAYS

9 - 9:45 am

Spin Class

See Tuesday spin class for class description.

10 - 10:30 am

Strength Training

Warm up with strength training using hand weights for 30 minutes before jumping into Cardio Drum.

10:30 - 11 am

Cardio Drums

High energy, full body workout that combines drumming, music and aerobics.



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 www.agewellservices.org

\$3 suggested donation Muskegon County residents 60 and older. All others \$6 drop in fee. Cash or check only.