

# January 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>All Classes are subject to cancellation (4pm) due to low participation numbers and are subject to change instructor, room or format if needed</p> <p><b>GF Classes are open to EVERYONE!</b></p>				<p><b>Pre Registration IS REQUIRED for all Classes</b></p>		<p>FSZ is CLOSED</p>
<p><b>SILVER SNEAKERS</b> Classes are <b>BACK!</b> Must Pre-Register!</p>	<p>3 11:00am SS- Everett  6:00pm Spinning-Talia 6:30pm Zumba T.- Aimee</p>	<p>4 5:15am Spinning - Talia  6:00pm Pump-Erica</p>	<p>5 5:30am Pump- Talia (Class is 45min) 9:00am Spinning-Katherine 11:00a SS- Everett 6:30pm Zumba-Katie</p>	<p>6 5:15am Spinning -Talia 9:00am Pilates- Katherine 6:00p Pump Erica</p>	<p>7 11:00am SS- Aaron</p>	<p>8 7:30 am Spinning Katherine  SIGN UP REQUIRED</p>
<p>9 <b>The FSZ would like to THANK YOU for your continued Support!</b></p>	<p>10 11:00am SS- Aaron  6:00pm Spinning-Talia 6:30pm Zumba T.- Aimee</p>	<p>11 5:15am Spinning - Talia  6:00pm Pump-Erica</p>	<p>12 5:30am Pump- Talia (Class is 45min) 9:00am Spinning-Katherine 11:00am SS- Everett 6:30pm Zumba-Katie</p>	<p>13 5:15am Spinning- Talia 9:00am Pilates- Katherine 6:00p Pump Erica</p>	<p>14 11:00am SS- Aaron</p>	<p>15 7:30 am Spinning - Talia  SIGN UP REQUIRED</p>
<p>16 <i>Members! GF Classes \$6 or 2 Punches (\$5) Punch Cards 10 for \$25</i>  <i>Non Members \$8 a class</i></p>	<p>17 11:00am SS- Aaron  6:00pm Spinning-Talia 6:30pm Zumba T.- Aimee</p>	<p>18 5:15am Spinning - Talia  6:00pm Pump-Erica</p>	<p>19 5:30am Pump- Talia (Class is 45min) 9:00am Spinning-Katherine 11:00am SS- Everett 6:30pm Zumba-Katie</p>	<p>20 5:15am Spinning- Talia 9:00am Pilates- Katherine 6:00p Pump Erica</p>	<p>21 11:00am SS- Aaron</p>	<p>22 7:30 am Spinning Katherine  SIGN UP REQUIRED</p>
<p>23/30 <b>Please call the Front Desk to pay and reserve your spot!</b></p>	<p>23/31 11:00am SS- Aaron  6:00pm Spinning-Talia 6:30pm Zumba T.- Aimee</p>	<p>25 5:15am Spinning - Talia  6:00pm Pump-Erica</p>	<p>26 5:30am Pump- Talia (Class is 45min) 9:00am Spinning-Katherine 11:00am SS- Everett 6:30pm Zumba-Katie</p>	<p>27 5:15am Spinning- Talia 9:00am Pilates- Katherine 6:00p Pump Erica</p>	<p>28 11:00am SS- Aaron</p>	<p>29 7:30 am Spinning Katherine  SIGN UP REQUIRED</p>

## CLASS DESCRIPTION

**Pilates** – This class features classical Pilates exercises with and without equipment on the Mat. The variety strengthens your core, improves posture, increases flexibility and strength and brings equilibrium to your mind and body.

**Morning Meltdown** - A heart pounding hybrid of suspension training, kettlebells and intervals to build a total body strength and cardio endurance.

**Power Sculpt /Power Mix/Cardio Pump**- A challenging workout using weights and cardio bursts to increase muscular strength and endurance. You will be sure to get stronger with this class as well as get your sweat on!

**Pump**– A challenging 45 min workout using a variety of weights & Cardio (depending on Instructor) to increase muscle strength and endurance.

**Spinning Classes** – An indoor cycling workout where all fitness levels are welcome! Adjust your pace and resistance to fit your fitness goals.

**Yoga** - A class designed to improve the health, performance, and mental acuity of athletes or individuals interested in improving their level of fitness.

**Pound** -Instead of listening to music, you become the music in this exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and pilates-inspired movements. Using Ripstix®, lightly weighted drumsticks engineered specifically for exercising, POUND transforms drumming into an incredibly effective way of working out.

**Sunrise Yoga**– A gentle Yoga. Focusing on stretching, reconnecting through body and breath, regaining a sense of calmness.

**ZUMBA**– Come and try this motivating, high energy class! All levels are welcome in this Latin-based choreographed aerobic dance class. There is no dance experience needed, just have fun!

**Senior Fitness SS**– Free for all Silver Sneakers members and only \$3 for everyone else. This class is functional training ranging from balance to strength!

**Senior PWR!** - Join a licensed physical therapist for a FUN, dynamic skill training program. This class uses functional exercise training that promotes essential movements, flexibility, balance and strength to keep you moving easily, safely and with more energy. All activities can be modified for any level of fitness.

**30/30– A high energy total body workout!!** An incredible combination of a fat torching spin class and full body sculpting. Spend a hard 10 minutes on the bike for an excellent cardiovascular workout and follow it up with dumbbell work to strengthen the body then REPEAT! Total class is 1 hour.

**\*\*INSTRUCTOR STYLE'S WILL VARY**

# Class Spotlight

## GROUP FITNESS Classes!

### NEW PRICING!

**\$6 per Class OR 2 Punches (\$5)**

**Purchase a GF Punch Card**

**10 for \$25 (Members)**

**NON REFUNDABLE**

**Drop Ins are WELCOME!**

**\$8 for Non-Members**

**Sign up at the Front Desk!  
Classes must be paid for  
upon registering!**

**SILVER SNEAKERS!!!**

**Classes are back! Please  
Pre-Register at the Front  
Desk!**

For more information:

Call 989-695-2000

[www.freeland-sportszone.com](http://www.freeland-sportszone.com)



# GROUP FITNESS CLASS SCHEDULE JANUARY 2022



**LIKE US ON FACEBOOK AT  
Freeland SportsZone**

**FOLLOW US ON TWITTER  
@FreelandSZ**



**FOLLOW US ON INSTAGRAM  
@Freelandsportszone**