

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	All Classes are subject to cancellation (4pm) due to low participation numbers and are subject to change instructor, room or format if needed		1 5:30am Pump– Talia (Class is 45min) 9:00am Spinning- Katherine 10:00am SS-Aaron 6:00pm Yoga-Cindy 6:30pm Zumba-Katie	2 5:15am Spinning –Talia 9:00am Pilates– Katherine	3 10:00am SS-Aaron	4 7:30am Spinning- Katherine
SILVER SNEAKERS Classes are BACK! Must Pre-Register!	6 9:00am Cardio Pump–Katherine 10:00am SS-Aaron 6:00pm Spinning-Talia 6:30pm Zumba T.– Aimee	7 5:15am Spinning - Talia 6:00pm Pump-Erica	8 5:30am Pump– Talia (Class is 45min) 9:00am Spinning- Katherine 10:00am SS-Everett 6:00pm Yoga-Cindy (FREE) 6:30pm Zumba-Katie	9 5:15am Spinning –Talia 9:00am Pilates– Katherine	10 10:00am SS-Aaron	11
12 The FSZ would like to THANK YOU for your continued Support!	13 9:00am Cardio Pump–Katherine 10:00am SS-Aaron 6:00pm Spinning-Talia 6:30pm Zumba T.– Aimee	14 5:15am Spinning - Talia 6:00pm Pump– Erica	15 5:30am Pump– Talia (Class is 45min) 9:00am Spinning- Katherine 10:00am SS-Everett 6:00pm Yoga-Cindy 6:30pm Zumba-Katie (FREE)	16 5:15am Spinning– Talia 9:00am Pilates– Katherine	17 10:00am SS-Aaron	18 7:30am Spinning- Katherine
19 <i>Members!</i> <i>GF Classes \$6 or 2 Punches (\$5)</i> <i>Punch Cards 10 for \$25</i> <i>Non Members</i> <i>\$8 a class</i>	20 9:00am Cardio Pump–Katherine 10:00am SS-Aaron 6:00pm Spinning-Talia (FREE) 6:30pm Zumba T.– Aimee	21 5:15am Spinning - Talia 6:00pm Pump-Erica	22 5:30am Pump– Talia (Class is 45min) 9:00am Spinning- Katherine 10:00am SS-Everett 6:00pm Yoga-Cindy 6:30pm Zumba-Katie	23 5:15am Spinning –Talia 9:00am Pilates– Katherine	24 10:00am SS-Aaron	25
26 Pre Registration IS REQUIRED for all Classes	27 9:00am Cardio Pump–Katherine 10:00am SS-Aaron 6:00pm Spinning-Talia 6:30pm Zumba T.– Aimee	28 5:15am Spinning - Talia 6:00pm Pump-Erica	29 5:30am Pump– Talia (Class is 45min) 9:00am Spinning- Katherine 10:00am SS-Everett 6:00pm Yoga-Cindy 6:30pm Zumba-Katie	30 CLOSED The FSZ will re-open July 5th.		

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.

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. (45m unless listed otherwise)

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

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!

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

Class Spotlight



SUMMER IS HERE!

Senior Fitness

Classes will be

M, W & F @ 10am

11:15 am will resume in the fall.

Step out of your

COMFORT ZONE

And try a class you normally
wouldn't attend! You might enjoy it.

JUNE FREE CLASSES!

YOGA JUNE 8th 6pm

ZUMBA June 15th 6:30pm

SPINNING June 20th

For more information:

Call 989-695-2000

www.freeland-sportszone.com

GROUP FITNESS CLASS SCHEDULE JUNE 2022



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