

| SUNDAY  | MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY  | FRIDAY                              | SATURDAY  |
|---|--|--|--|---|-------------------------------------|---|
| <b>March<br/>2023<br/>FSZ<br/>GROUP<br/>FITNESS</b>         |  |  | 1  | 2   | 3                                   | 4   |
|   |  |  | 5:30am Pump– Talia<br><i>(Class is 45min)</i><br><b>9:00am Spinning-<br/>Katherine</b><br>9:00am SS-Cathy<br>10:15am SS-Cathy<br><br>6:30pm Zumba-Katie                  | 5:30am Spinning – Talia<br><br>9:00am Pilates–<br>Katherine   | 9:00am SS-Aaron<br>10:15am SS-Aaron | <b>The FSZ would like to<br/>THANK YOU<br/>for your continued<br/>support!</b>  |
| 5   | 6  | 7  | 8  | 9   | 10                                  | 11  |
| <b>Pre Registration<br/>IS REQUIRED<br/>for all Classes</b> | 5:30am Pump– Talia<br><i>(Class is 45min)</i><br>9:00am Cardio Pump–Katherine<br>9:00am SS-Aaron<br>10:15am SS-Aaron<br><br>6:00p Yoga-Pat<br>6:30pm Zumba T.– Aimee | 5:30am Spinning - Talia<br><br>6:00p Pump– Erica | 5:30am Pump– Talia<br><i>(Class is 45min)</i><br><b>9:00am Spinning-<br/>Katherine</b><br>9:00am SS-Chris<br>10:15am SS-Chris<br><br>6:30pm Zumba-Katie                  | 5:30am Spinning –<br>Katherine<br><br>9:00am Pilates– Talia   | 9:00am SS-Aaron<br>10:15am SS-Aaron | <b>SILVER SNEAKERS</b><br><br><b>Must Pre-Register!</b><br><br><b>M,W &amp; F<br/>9am &amp; 10:15am</b>   |
| 12  | 13   | 14   | 15   | 16  | 17                                  | 18  |
|   | 5:30am Pump– Talia<br><i>(Class is 45min)</i><br>9:00am Cardio Pump–Katherine<br>9:00am SS-Aaron<br>10:15am SS-Aaron<br><br>6:00p Yoga-Pat<br>6:30pm Zumba T.– Aimee | 5:30am Spinning - Talia<br><br>6:00p Pump– Erica | 5:30am Pump– Talia<br><i>(Class is 45min)</i><br><b>9:00am Spinning-<br/>Katherine</b><br>9:00am SS-Cathy<br>10:15am SS-Cathy<br><br>6:30pm Zumba-Katie                  | 5:30am Spinning–<br>Talia<br><br>9:00am Pilates–<br>Katherine | 9:00am SS-Aaron<br>10:15am SS-Aaron | <b>The FSZ would like to<br/>THANK YOU<br/>for your continued<br/>Support!</b>  |
| 19  | 20   | 21   | 22   | 23  | 24                                  | 25  |
|   | 5:30am Pump– Talia<br><i>(Class is 45min)</i><br>9:00am Cardio Pump–Katherine<br>9:00am SS-Aaron<br>10:15am SS-Aaron<br><br>6:00p Yoga-Pat<br>6:30pm Zumba T.– Aimee | 5:30am Spinning - Talia<br><br>6:00p Pump– Erica | 5:30am Pump– Talia<br><i>(Class is 45min)</i><br><b>9:00am Spinning-<br/>Katherine</b><br>9:00am SS-Cathy<br>10:15am SS-Cathy<br><br>6:30pm Zumba-Katie<br><b>(FREE)</b> | 5:30am Spinning– Erica<br><br>9:00am Pilates–<br>Katherine    | 9:00am SS-Aaron<br>10:15am SS-Aaron |   |
| 26  | 27   | 28   | 29   | 30  | 31                                  |   |
|   | 5:30am Pump– Erica<br><i>(Class is 45min)</i><br>9:00am Cardio Pump–Katherine<br>9:00am SS-Aaron<br>10:15am SS-Aaron<br><br>6:00p Yoga-Pat                           | No 5:30am Spinning<br><br>6:00p Pump– Erica      | 5:30am Pump– Talia<br><i>(Class is 45min)</i><br><b>9:00am Spinning-<br/>Katherine (FREE)</b><br>9:00am SS-Cathy<br>10:15am SS-Cathy<br><br>6:30pm Zumba-Katie           | 5:30am Spinning–<br>Katherine<br><br>9:00am Pilates–Talia     | 9:00am SS-Aaron<br>10:15am SS-Aaron | All Classes are subject to<br>cancellation (4pm) due to low<br>participation numbers and are<br>subject to change instructor,<br>room or format if needed |

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

## Spring Break is Coming!

### Senior Fitness

Classes will be

**M, W & F @ 9am & 10:15am**

**PRE-REGISTRATION**

**REQUIRED**

Step out of your

**COMFORT ZONE**

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

\*Group Fitness Cards expire 1 year of  
purchase

For more information:

Call 989-695-2000

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



# GROUP FITNESS CLASS SCHEDULE MARCH 2023



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