

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 WALLEYE RUN! 10K OR 5K DIG DEEP RACES! <u>Register:</u> DigDeepRaces.com	2 9:00am Cardio Pump–Katherine 10:00am SS-Aaron 11:15am SS- Aaron 6:00pm Spinning-Talia 6:30pm Zumba T.- Aimee	3 5:15am Spinning - Talia 6:00pm Pump-Erica	4 5:30am Pump– Talia (Class is 45min) 9:00am Spinning- Katherine 10:00am SS-Aaron 11:15am SS- Everett 6:00pm Yoga-Cindy 6:30pm Zumba-Katie	5 5:15am Spinning –Talia 9:00am Pilates– FREE Katherine 6:00p Pump Erica	6 10:00am SS-Aaron 11:15am SS- Aaron	7 Check out the Murph Challenge! www.murphchallenge.com See Back for details or check out the website listed above
SILVER SNEAKERS Classes are BACK! Must Pre-Register!	9 9:00am Cardio Pump–Katherine 10:00am SS-Aaron 11:15am SS- Aaron 6:00pm Spinning-Talia 6:30pm Zumba T.- Aimee	10 5:15am Spinning - Talia 6:00pm Pump-Erica	11 5:30am Pump– Talia (Class is 45min) 9:00am Spinning- Katherine 10:00am SS-Aaron 11:15am SS- Everett 6:00pm Yoga-Cindy 6:30pm Zumba-Katie	12 5:15am Spinning –Talia 9:00am Pilates– Cancelled 6:00p Pump –Talia	13 10:00am SS-Aaron 11:15am SS- Aaron	14 MEMBER SPECIAL Today! Purchase a GF Punchcard Receive a FREE Class!
15 The FSZ would like to THANK YOU for your continued Support!	16 9:15am Cardio Pump–Tonya 10:00am SS-Aaron 11:15am SS- Aaron 6:00pm Spinning-Talia 6:30pm Zumba T.- Aimee	17 5:15am Spinning - Talia 6:00pm Pump- FREE Talia	18 5:30am Pump– Talia (Class is 45min) 9:15am Spinning-Tonya 10:00am SS-Aaron 11:15am SS- Everett 6:00pm Yoga-Cindy 6:30pm Zumba-Katie	19 5:15am Spinning– Talia 9:00am Pilates–Talia 6:00p Pump- Talia	20 10:00am SS-Aaron 11:15am SS- Aaron	21
22 <i>Members!</i> GF Classes \$6 or 2 Punches (\$5) Punch Cards 10 for \$25 <i>Non Members</i> \$8 a class	23 9:00am Cardio Pump–Katherine 10:00am SS-Aaron 11:15am SS- Aaron 6:00pm Spinning-Talia 6:30pm Zumba T.- Aimee	24 5:15am Spinning - Talia 6:00pm Pump-Erica	25 5:30am Pump– Talia (Class is 45min) 9:00am Spinning- Katherine 10:00am SS-Aaron 11:15am SS- Everett 6:00pm Yoga-Cindy 6:30pm Zumba-Katie	26 5:15am Spinning –Talia 9:00am Pilates– Katherine 6:00p Pump Erica	27 10:00am SS-Aaron 11:15am SS- Aaron	28
29 Pre Registration IS REQUIRED for all Classes	30 FSZ HOURS 6a-12p Murph Challenge www.themurphchallenge.com	31 5:15am Spinning - Talia 6:00pm Pump-Erica	All Classes are subject to cancellation (4pm) due to low participation numbers and are subject to change instructor, 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**

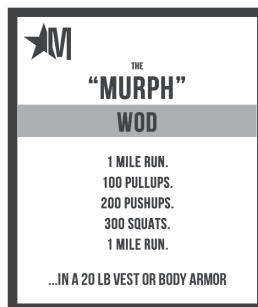
Class Spotlight

Are You Interested in

THE MURPH CHALLENGE?

Visit www.murphchallenge.com

Each day is a new training idea in preparation for you final challenge on Memorial Day! Honor, Respect and Hard Work! You will complete your race time on true honor to the website on Memorial Day. Registration Fee \$60 OR just do it for FUN!



Thank You to Dr. Linehan for your Sponsorship!

SENIOR FITNESS!!!

SS Classes:

10:00a & 11:15a Monday-Aaron

10:00a-Aaron & 11:15a Wednesday-Everett

10:00a & 11:15a Friday- Aaron Ciupak

For more information:

Call 989-695-2000

www.freeland-sportszone.com



GROUP FITNESS CLASS SCHEDULE MAY 2022



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