

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
May 2023 FSZ GROUP FITNESS	1 5:30am Pump– Talia (Class is 45min) 9:15am PPL Strength–Tonya 9:00am SS-Chris 10:15am SS-Chris 6:30pm Zumba T.– Aimee	2 5:30am Spinning - Talia 6:00p Yoga-Pat	3 5:30am Pump– Talia (Class is 45min) 9:15 am HIIT & Mobility Tonya 9:00am SS-Cathy 10:15am SS-Cathy 6:30pm Zumba-Katie	4 5:30am Spinning –Talia 9:00am Pilates– Katherine	5 9:00am SS-Aaron 10:15am SS-Aaron	6 All Classes are subject to cancellation (4pm) due to low participation numbers and are subject to change instructor, room or format if needed
7 Pre Registration IS REQUIRED for all Classes	8 5:30am Pump– Talia (Class is 45min) 9:15am PPL Strength–Tonya 9:00am SS-Aaron 10:15am SS-Aaron 6:30pm Zumba - Katie	9 5:30am Spinning - Talia 6:00p Yoga-Pat	10 5:30am Pump– Talia (Class is 45min) 9:15 am HIIT & Mobility – Tonya 9:00am SS-Cathy 10:15am SS-Cathy 6:30pm Zumba-Katie	11 5:30am Spinning –Talia 9:00am Pilates– Talia	12 9:00am SS-Aaron 10:15am SS-Aaron	13 SILVER SNEAKERS Must Pre-Register! M, W & F 9am & 10:15am
14 The FSZ would like to THANK YOU for your continued Support!	15 5:30am Pump– Talia (Class is 45min) 9:15am PPL Strength–Tonya 9:00am SS-Aaron 10:15am SS-Aaron 6:30pm Zumba T.– Aimee	16 5:30am Spinning - Talia 6:00p Yoga-Pat	17 5:30am Pump– Talia (Class is 45min) 9:15am Spinning-Talia 9:00am SS-Cathy 10:15am SS-Cathy 6:30pm Zumba-Katie	18 5:30am Spinning– Talia 9:00 am – Pilates-Talia	19 9:00am SS-Aaron 10:15am SS-Aaron	20 FSZ IS CLOSED Freeland Athletics Millionaire Party . FSZ will reopen tomorrow! (8a-8p)
21	22 5:30am Pump– Talia (Class is 45min) 9:15am PPL Strength–Tonya 9:00am SS-Aaron 10:15am SS-Aaron 6:30pm Zumba T.– Aimee	23 5:30am Spinning - Talia 6:00p Yoga-Pat	24 5:30am Pump– Talia (Class is 45min) 9:15am 30/30-Talia 9:00am SS-Cathy 10:15am SS-Cathy 6:30pm Zumba-Katie	25 5:30am Spinning– Talia 9:00am Pilates–Talia	26 9:00am SS-Aaron 10:15am SS-Aaron	27
28	29 Happy Memorial Day ! FSZ Hours: 6a-12p (No Classes)	30 5:30am Spinning– Talia 6:00p Yoga-Pat	31 5:30am Pump– Talia (Class is 45min) 9:15 am HIIT & Mobility – Talia 9:00am SS-Cathy 10:15am SS-Cathy 6:30pm Zumba-Katie			

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.

30/30- A challenging workout that entails 30m of Spinning and 30m of Strength Training (off the bike) This workout is for everyone, even if Spinning isn't your preferred cup of tea!

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!

PPL Strength- PUSH PULL LEGS! One of the most popular workouts. Focus on training specific muscle groups together helping gain a higher strength performance and muscle recovery!

HIIT & Mobility- This High Intensity Interval Training (HIIT) class includes an additional focus on mobility: quick, intense bursts of exercise are followed by short, sometimes active, recovery periods with stability centered movements.

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

Class Spotlight

NEW CLASS ALERT!

PPL Strength!

PUSH PULL LEGS! One of the most popular workouts. Focus on training specific muscle groups together helping gain a higher strength performance and muscle recovery!

HIIT & MOBILITY

This High Intensity Interval Training (HIIT) class includes an additional focus on mobility: quick, intense bursts of exercise are followed by short, sometimes active, recovery periods with stability centered movements.

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.

For more information:

Call 989-695-2000

www.freeland-sportszone.com



GROUP FITNESS CLASS SCHEDULE MAY 2023



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