

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
November 2023 FSZ GROUP FITNESS			1 5:30am Pump– Talia (Class is 45min) 9:00am HIIT & Mobility- Bailey 9:00am SS-Cathy 10:15am SS-Cathy 6:30pm Zumba-Katie	2 5:30am Spinning –Talia 9:00am Pilates– Talia	3 5:30am Pump– Talia (Class is 45min) 9:00am SS-Aaron 10:15am SS-Aaron	4 All Classes are subject to can- cellation (4pm) due to low partic- ipation numbers and are subject to change instructor, room or format if needed
5 Pre Registration IS REQUIRED for all Classes	6 5:30am Pump– Talia (Class is 45min) 9:00am Pump-Bailey 9:00am SS-Aaron 10:15am SS-Aaron	7 5:30am Spinning - Talia 6:00p Yoga-Pat	8 5:30am Pump– Talia (Class is 45min) 9:00am HIIT & Mobility- Bailey 9:00am SS-Cathy 10:15am SS-Cathy 6:30pm Zumba-Katie	9 5:30am Spinning –Talia 9:00am Pilates– Talia	10 5:30am Pump– Talia (Class is 45min) 9:00am SS-Aaron 10:15am SS-Aaron	11
12 The FSZ would like to THANK YOU for your continued Support!	13 5:30am Pump– Talia (Class is 45min) 9:00am Pump-Bailey 9:00am SS-Aaron 10:15am SS-Aaron	14 5:30am Spinning - Talia 6:00p Yoga-Pat	15 5:30am Pump– Talia (Class is 45min) 9:00am HIIT & Mobility- Bailey 9:00am SS-Cathy 10:15am SS-Cathy 6:30pm Zumba-Katie	16 5:30am Spinning– Talia 9:00 am Pilates- Talia	17 5:30am Pump– Talia (Class is 45min) 9:00am SS-Aaron 10:15am SS-Aaron	18 SILVER SNEAKERS Must Pre-Register! M, W & F 9am & 10:15am
19	20 5:30am Pump– Talia (Class is 45min) 9:00am Pump-Bailey 9:00am SS-Aaron 10:15am SS-Aaron	21 5:30am Spinning - Talia 6:00p Yoga-Pat	22 5:30am Pump– Talia (Class is 45min) 9:00am HIIT & Mobility- Bailey 9:00am SS-Cathy 10:15am SS-Cathy 6:30pm Zumba-Katie	23 Happy ThanksGiving! FSZ Hours 6a-12p	24 5:30am Pump– Talia (Class is 45min) 9:00am SS-Aaron 10:15am SS-Aaron	25
26	27 5:30am Pump– Talia (Class is 45min) 9:00am Pump-Bailey 9:00am SS-Aaron 10:15am SS-Aaron	28 5:30am Spinning– Talia 6:00p Yoga-Pat	29 5:30am Pump– Talia (Class is 45min) 9:00am HIIT & Mobility- Bailey 9:00am SS-Cathy 10:15am SS-Cathy 6:30pm Zumba-Katie	30 5:30am Spinning– Talia 9:00am Pilates– Talia		

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

LOOK FOR POP UP Group Fitness Specials!

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



GROUP FITNESS CLASS SCHEDULE NOVEMBER 2023



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