

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
 www.freeland-sportszone.com (989) 695-2000				Drop-In: Member \$3 Non-member \$8		1 5:30am Power Pump - Talia 9:00am Morning Melt-down 2 - Dylan 9:00am Senior PWR - Jamie -Turf	2 7:30am 60 min Spinning - Kelly 8:00am Boot Camp - Dylan 9:00am Step Mix - Rania 9:00am Spinning - Talia 10:10am Yoga - Sharon
3 9:00am Spinning - Talia 6:00pm ZUMBA - Jenny	4 5:30am Power Pump - Tom 9:00am Spinning - Christa 9:15am Power Sculpt - Tonya 5:30pm Buns, Guns and Guts - Jen 6:00pm Spinning - Talia 7:00pm ZUMBA Toning - Aimee 7:00pm Yoga - Kim	5 5:30am Spinning - Kelly 9:00am Morning Meltdown - Vance 9:00am Yoga - Kim 5:30pm Power Sculpt - Talia 5:30pm Spinning - Christa 6:30pm ZUMBA - Aimee	6 5:30am Power Pump - Talia 9:00am Senior PWR - Jamie -Turf 9:00am Spinning - Tracy 5:30pm Kickboxing - Jen - Turf 6:00pm Spinning - Talia 6:30pm ZUMBA - Katie 7:10pm Yoga - Sharon	7 5:30am Spinning - Kelly 9:00am Pilates - Kara 6:30pm ZUMBA - Katie	8 5:30am Power Pump - Talia 9:00am Morning Melt-down 2 - Dylan 9:00am Senior PWR - Jamie -Turf	9 7:30am 60 min Spinning - Kelly 8:00am Boot Camp - Michelle 9:00am Kickboxing - Jen 9:00am Spinning - Lisa 10:10am Yoga - Sharon	
10 9:00am Spinning - Talia 6:00pm ZUMBA - Jenny	11 5:15am Boot Camp - Danni 5:30am Power Pump - Tom 9:00am Spinning - Christa 9:15am Power Sculpt - Tonya 5:30pm Step Mix - Missy 6:00pm Spinning - Talia 6:00pm Boot Camp - Danni 7:00pm Yoga - Kim	12 5:30am Spinning - Kelly 9:00am Morning Meltdown - Zach 9:00am Yoga - Kim 5:30pm Power Sculpt - Danni 5:30pm Spinning - Christa 6:30pm ZUMBA - Katie	13 5:15am Boot Camp - Vance 5:30am Power Pump - Talia 9:00am Senior PWR - Jamie -Turf 9:00am Spinning - Tracy 5:30pm Kickboxing - Jen - Turf 6:00pm Spinning - Lisa 6:00pm Boot Camp - Dylan 6:30pm ZUMBA - Katie 7:10pm Yoga - Sharon	14 5:30am Spinning - Kelly 9:00am Pilates - Kara 6:00pm Boot Camp - Danni 6:30pm ZUMBA - Aimee 	15 5:15am Boot Camp - Vance 5:30am Power Pump - Talia 9:00am Morning Melt-down 2 - Dylan 9:00am Senior PWR - Jamie -Turf	16 7:30am 60 min Spinning - Kelly 8:00am Boot Camp - Danni 9:00am Power Mix - Missy 9:00am Spinning - Tracy 10:10am Yoga - Sharon	
17 9:00am Spinning - Talia 6:00pm ZUMBA - Jenny	18 5:15am Boot Camp - Vance 5:30am Power Pump - Tom 9:00am Spinning - Christa 9:15am Power Sculpt - Tonya 5:30pm Step Mix - Missy 6:00pm Spinning - Talia 6:00pm Boot Camp - Dylan 7:00pm ZUMBA Toning - Aimee 7:00pm Yoga - Kim	19 5:30am Spinning - Kelly 9:00am Morning Meltdown - Vance 9:00am Yoga - Kim 5:30pm Power Sculpt - Talia 5:30pm Spinning - Christa 6:30pm ZUMBA - Katie	20 5:15am Boot Camp - Danni 5:30am Power Pump - Talia 9:00am Senior PWR - Jamie -Turf 9:00am Spinning - Tracy 6:00pm Spinning - Lisa 6:00pm Boot Camp - Danni 6:30pm ZUMBA - Katie 7:10pm Yoga - Sharon	21 5:30am Spinning - Kelly 9:00am Pilates - Christa 5:30pm Kickboxing - Jen - Turf 6:00pm Boot Camp - Vance 6:30pm ZUMBA - Aimee	22 5:15am Boot Camp - Vance 5:30am Power Pump - Talia 9:00am Morning Melt-down 2 - Dylan 9:00am Senior PWR - Jamie -Turf	23 7:00am 90 min Jolly Holly Spin - Kelly 8:00am Boot Camp - Michelle 9:00am Power Mix - Danni 9:00am Spinning - Tracy 10:10am Yoga - Sharon	
24/31 24th - 8:30am Xtreme Fit - Danni/Talia 31st—8:30am 90 minute NYE Spinning - Talia	25 CLOSED 	26 5:30am Spinning - Kelly 9:00am Morning Meltdown - Zach 5:30pm Power Sculpt - Talia 5:30pm Spinning - Christa	27 5:15am Boot Camp - Vance 5:30am Power Pump - Talia 9:00am Senior PWR - Jamie -Turf 9:00am Spinning - Tracy 6:00pm Spinning - Talia 6:00pm Boot Camp - Danni 6:30pm ZUMBA - Katie 7:10pm Yoga - Sharon	28 5:30am Spinning - Kelly 5:30pm Kickboxing - Jen - Turf 6:00pm Boot Camp - Dylan 6:30pm ZUMBA - Aimee	29 5:15am Boot Camp - Danni 5:30am Power Pump - Talia 9:00am Morning Melt-down 2 -Dylan 9:00am Senior PWR - Jamie -Turf	30 7:30am 60 min Spinning - Kelly 8:00am Boot Camp - Dylan 9:00am Power Mix -Ezra 9:00am Spinning -Tracy 10:10am Yoga - Sharon	

NOTE* ALL classes are subject to cancellation due to low participation numbers and are subject to change in class format, instructor, and class time as needed

CLASS DESCRIPTION

2TheMax – A total body 60 minute strength workout with bursts of high intensity cardio that will push your heart rate to the max.

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.

Morning Meltdown - A heart pounding hybrid of suspension training, kettlebells and intervals to build a total body strength and cardio endurance.

Power Sculpt /Power Mix- 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!

Power Pump – A challenging workout using a variety of weights to increase muscle strength and endurance. It begins with upper body for 20 minutes, transitions to lower body for 20 minutes and finishes with abs. Instructors will vary the workout.

Spinning Classes – An indoor cycling workout where all fitness levels are welcome! Adjust your pace and resistance to fit your fitness goals. See separate schedule for more details on individual classes being offered.

Step Pump – A workout that combines aerobic conditioning on the stepper and muscle-strengthening exercises that tone and define your body.

Turbo Kick - “cardio kickboxing and body-sculpting dance moves choreographed to the hottest music mixes. In simple terms, it is a party in an hour!

Yoga – A series of postures and breathing exercises practiced to achieve control of the body, mind and tranquility.

ZUMBA/ZUMBA TONING – 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 PWR! - Join a licensed physical therapist for a FUN, dynamic skill training program. This class uses functional exercise training that promotes essential movements, flexibility, balance and strength to keep you moving easily, safely and with more energy. All activities can be modified for any level of fitness.

DECEMBER SPECIALS

DECEMBER 14TH - For all day, bring in a toy to donate for Toys for Tots and it will be used as your ticket into class!

90 MINUTE SPINNING -
Saturday, December 23rd - Kelly will be leading a Jolly Holly Spin
Sunday, December 31st - Talia will be leading a NYE Spin

Sunday, December 24th - Danni & Talia will be teaming up for X-treme Fit! Danni will be leading 45 minutes of weight/boot camp style class then Talia will be taking us all on a fantastic ride for a 45 minute of Spin!



For more information:
Call 989-695-2000
www.freeland-sportszone.com



GROUP FITNESS CLASS SCHEDULE DECEMBER 2017



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