



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
 www.freeland-sportszone.com (989) 695-2000						Drop-In: Member \$3 Non-member \$8	Happy December!	¹ 7:30am 60 min Spinning - Kelly 8:00am Boot Camp - Ezra 9:00am Step Mix - Missy 10:10am Yoga - Luis
²	³	⁴	⁵	⁶	⁷	⁸		
9:00am Spinning - Talia 5:00pm Yoga -Luis	5:30am Power Pump - Tom 9:00am Spinning - Christa 9:00am Senior PWR - Jamie -Turf 9:30am Power Sculpt - Tonya 12:00pm Senior Fitness SS-Cindy 5:30pm Buns, Guns and Guts - Jen 6:00pm Spinning - Talia 7:00pm ZUMBA- Katie 7:10pm Yoga - Kim	5:15am Spinning - Kelly 9:00am Meltdown -Vance 5:30pm HIIT!!! -Talia 6:30pm ZUMBA - Aimee	5:30am Power Pump - Talia 9:00am Spinning - Katherine 12:00pm Senior Fitness SS-Cindy 6:00pm Spinning - Lisa 7:00pm ZUMBA Toning- Aimee 7:10pm Yoga - Luis	5:15am Spinning - Kelly 9:00am Pilates - Kara 9:00am Senior PWR - Nicole -Turf 5:30pm Kickboxing - Jen - Turf 6:30pm ZUMBA - Katie	5:30am Power Pump - Talia 9:00am Meltdown- Zach S 12:00pm Senior Fitness SS-Cindy	7:30am 60 min Spinning - Kelly 8:00am Boot Camp - Zach M 9:00am Power Mix- Rania 10:10am Yoga - Luis		
⁹	¹⁰	¹¹	¹²	¹³	¹⁴	¹⁵		
9:00am Spinning - Talia 5:00pm Yoga-Luis	5:30am Power Pump - Tom 9:00am Senior PWR - Jamie -Turf 9:00am Spinning - Christa 9:30am Power Sculpt - Tonya 12:00pm Senior Fitness SS-Cindy 5:30pm Buns, Guns and Guts - Jen 6:00pm Spinning - Talia 7:00pm ZUMBA Toning-Aimee 7:10pm Yoga - Kim	5:15am Spinning - Kelly 9:00am Meltdown—Vance 5:30pm Power Sculpt— Talia 6:30pm ZUMBA - Katie	5:30am Power Pump - Talia 9:00am Spinning - Katherine 12:00pm Senior Fitness SS-Cindy 6:00pm Spinning - Brooke 7:00pm ZUMBA Toning- Aimee No Yoga	5:15am Spinning - Kelly 9:00am Pilates - Kara 9:00am Senior PWR - Nicole-Turf 5:30pm Kickboxing - Jen - Turf 6:30pm ZUMBA - Aimee	5:30am Power Pump - Talia 9:00am Meltdown- Zach S 12:00pm Senior Fitness SS-Cindy	7:30am 60 min Spinning - Kelly 8:00am Boot Camp - Zach M 9:00am Cardio Interval Missy 10:10am Yoga - Kim		
¹⁶	¹⁷	¹⁸	¹⁹	²⁰	²¹	²²		
9:00am Spinning - Talia No Yoga	5:30am Power Pump - Tom 9:00am Senior PWR - Jamie -Turf 9:00am Spinning - Christa 9:30am Power Sculpt - Tonya 12:00pm Senior Fitness SS-Cindy 5:30pm Buns, Guns and Guts - Jen HIP HOP HOLIDAY RIDE! 6pm DJ Ryan Rousseau & Talia -Sign Up 7:00pm ZUMBA-Katie 7:10pm Yoga - Kim	5:15am Spinning - Kelly 9:00am Meltdown- Vance 5:30pm 30/30- Talia 6:30pm ZUMBA - Katie	5:30am Power Pump - Talia 9:00am Spinning - Katherine 12:00pm Senior Fitness SS-Cindy 6:00pm Spinning - Brooke NO Zumba 7:10pm Yoga - Luis	5:15am Spinning - Kelly 9:00am Pilates - Christa 9:00am Senior PWR - Nicole-Turf 5:30pm Kickboxing - Jen - Turf 6:30pm ZUMBA - Katie	5:30am Power Pump - Talia 9:00am Meltdown- Zach S 12:00pm Senior Fitness SS-Cindy	7:30am 60 Spinning- Kelly 8:00am Boot Camp - Danni 9:00am 2 The Max - Danni 10:10am Yoga - Luis		
^{23/30}	^{24/31}	²⁵	²⁶	²⁷	²⁸	²⁹		
9:00am Spinning- Talia 5:00pm Yoga-Luis 9:00 am Spinning- Kelly 5:00pm Yoga-Luis	Holly Jolly 90m Spin! 7:00am-Kelly (Sign up) KICK in the New Year 9:00am-Jen (Kickboxing)		5:30am Power Pump - Talia 9:00am Spinning - Katherine 12:00pm Senior Fitness SS-Cindy 6:00pm Spinning - Lisa 7:00pm ZUMBA Toning - Aimee 7:10pm Yoga - Luis	5:15am Spinning - Kelly 9:00am Pilates- Christa 9:00am Senior PWR - Nicole-Turf 5:30pm Kickboxing - Jen - Turf 6:30pm ZUMBA - Katie	5:30am Power Pump - Talia 9:00am Meltdown- Zach S 12:00pm Senior Fitness SS-Cindy	7:30am 60 min Spinning - Talia 8:00am Boot Camp - Ezra 9:00am Buns, Guns, Guts -Jen 10:10am Yoga - Luis		

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.

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

Power Sculpt/Power Mix-/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!

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.

30/30- 30 minutes of pure strength training and then it's off to the Spinning Room for a quick and intense 30 minutes of Spinning.

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.

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!

DECEMBER SPECIALS

December 17th

Once again DJ Ryan Rousseau and Talia pair up to bring you an intense beat pumping ride! Proceeds will go to benefit a local family for the Holiday Season!

90 MINUTE SPINNING -
December 24th - Kelly will be leading a Holly Jolly Spin
Sign up at the Front Desk

New Years Eve
KICK in the New Year with Jen for a high intensity Kickboxing class!



For more information:
Call 989-695-2000



GROUP FITNESS CLASS SCHEDULE DECEMBER 2018



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