

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
\$3 Members \$8 Guests *GF Punchcard 10/\$25 *Members Only	*All Classes are subject to cancellation due to low participation numbers and are subject to change instructor, room or format if needed.		Valentine Specials!! 2/14/19 GF Punchcard Buy 10 Receive 11 ALL Classes: Bring your Sweetie and 1 of you are FREE!		1 5:30am Power Pump - Talia 9:00am Morning Meltdown - Zach S 12pm Senior Fitness SS-Cindy	2 7:30am 60 min Spinning - Kelly 8:00am Boot Camp- Ezra 9:00am Step Mix- Missy 9:00am Spinning - Katherine 10:10am Power Vinyasa Yoga - Luis
3 9:00am Game Day Spin- Talia NO Yoga	4 5:30am Power Pump - Tom 9:00am Spinning - Katherine 9:30am Power Sculpt - Tonya 12:00pm Senior Fitness SS-Cindy 5:30pm Buns, Guns & Guts - Jen 6:00pm Spinning - Talia 7:00pm ZUMBA Toning - Aimee 7:10pm Yoga - Kim	5 5:15am Spinning - Kelly 9:00am Morning Meltdown- Vance 9:00am Senior PWR - Jamie 5:30pm Power Sculpt- Talia 6:30pm ZUMBA- Katie	6 5:30am Power Pump - Talia 9:00am Spinning - Katherine 12:00pm Senior Fitness SS-Cindy 5:30pm Begin2B Fit-Anna 6:00pm Spinning - Brooke 7:00pm ZUMBA T-Aimee 7:10pm Power Vinyasa- Luis	7 5:15am Spinning - Kelly 9:00am Senior PWR - Nicole 9:00am Pilates - Katherine 5:30pm 30/30 - Talia- 6:30pm ZUMBA - Katie	8 5:30am Power Pump - Kelly 9:00am Morning Meltdown - Zach S 12pm Senior Fitness SS-Cindy	9 7:30am 60 min Spinning - Kelly 8:00am Boot Camp - Ezra 9:00am 40/20- Ezra 9:00am Spinning - Lisa 10:10am Power Vinyasa Yoga - Luis
10 9:00am Spinning - Talia 5:00pm FREE Low Flow Yoga - Luis	11 5:30am Power Pump - Tom 9:00am Spinning - Christa 9:30am FREE Power Sculpt - Tonya 12:00pm Senior Fitness SS-Cindy 5:30pm Buns, Guns & Guts - Jen 6:00pm Spinning - Talia 7:00pm ZUMBA Toning - Aimee 7:10pm Yoga - Kim	12 5:15am Spinning - Kelly 9:00am Morning Meltdown- Vance 9:00am Senior PWR - Jamie 5:30pm HIIT- Talia 6:30pm ZUMBA - Katie	13 5:30am Power Pump - Talia 9:00am Spinning - Katherine 12:00pm Senior Fitness SS-Cindy 5:30pm Begin2B Fit-Anna 6:00pm Spinning - Lisa 7:00pm ZUMBA T-Aimee 7:10pm Power Vinyasa Yoga - Luis	14 5:15am Spinning - Kelly 9:00am Pilates - Christa 9:00am Senior PWR - Nicole 5:30pm Kickboxing - Jen - TURF 6:30pm ZUMBA - Katie *SEE SPECIALS*	15 5:30am Power Pump - Talia 9:00am Morning Meltdown - Zach S 12pm Senior Fitness SS-Cindy	16 7:30am 60 min Spinning - Kelly 8:00am Boot Camp - Zach M 9:00am Power Sculpt- Talia 9:00am Spinning - Katherine 10:10am Power Vinyasa Yoga - Luis
17 9:00am Spinning - Talia 5:00pm Low Flow Yoga - Luis	18 5:30am Power Pump - Tom 9:00am Spinning - Katherine 9:30am Power Sculpt - Tonya 12:00pm Senior Fitness SS-Cindy 5:30pm Buns, Guns & Guts - Jen 6:00pm Spin- DJ Rousseau - Talia Officer Koenig Fundraiser! 7:00pm ZUMBA Toning - Aimee 7:10pm Yoga - Kim	19 5:15am Spinning - Kelly 9:00am Morning Meltdown- Vance 9:00am Senior PWR - Jamie 5:30pm Power Sculpt- Talia 6:30pm ZUMBA - Katie	20 5:30am Power Pump - Talia 9:00am Spinning - Katherine 12:00pm Senior Fitness SS-Cindy 5:30pm Begin2B Fit-Anna 6:00pm Spinning - Lisa 7:00pm ZUMBA T-Aimee 7:10pm FREE Power Vinyasa Yoga - Luis	21 5:15am Spinning - Kelly 9:00am Pilates - Katherine 9:00am Senior PWR - Nicole 5:30pm Kickboxing- Jen-Turf 6:30pm ZUMBA - Katie	22 5:30am Power Pump - Talia 9:00am Morning Meltdown - Zach S 12pm Senior Fitness SS-Cindy	23 7:30am 60 min Spinning - Kelly 8:00am Boot Camp - Zach M 9:00am Power Mix - Raina 9:00am Spinning - Brooke 10:10am Power Vinyasa Yoga - Luis
24 9:00am Spinning - Talia 5:00pm Low Flow Yoga - Luis	25 5:30am Power Pump - Tom 9:00am Spinning - Katherine 9:30am Power Sculpt - Tonya 12:00pm Senior Fitness SS-Cindy 5:30pm Buns, Guns & Guts - Jen 6:00pm Spinning - Talia 7:00pm ZUMBA Toning - Aimee 7:10pm Yoga - Kim	26 5:15am Spinning - Kelly 9:00am Morning Meltdown- Vance 9:00am Senior PWR - Jamie 5:30pm 30/30- Talia 6:30pm ZUMBA - Katie	27 5:30am Power Pump - Talia 9:00am Spinning - Katherine 12:00pm Senior Fitness SS-Cindy 5:30pm Begin2B Fit-Anna 6:00pm Spinning - Brooke 7:00pm ZUMBA T-Aimee 7:10pm Power Vinyasa Yoga - Luis	28 5:15am Spinning - Kelly 9:00am Pilates - Kara 9:00am Senior PWR - Nicole 5:30pm Kickboxing - Jen - TURF 6:30pm ZUMBA - Katie	 www.freeland-sportszone.com (989) 695-2000	