

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.	CLOSED!! HAPY NEW YEAR	5:30am Power Pump - Talia 9:00am Spinning - Katherine 12:00pm Senior Fitness SS-Cindy 5:30pm FREE Begin2B Fit-Anna 6:00pm Spinning - Lisa 7:00pm ZUMBA T-Aimee 7:10pm Yoga - Luis	5:15am Spinning - Kelly 9:00am Pilates-Christa 9:00am Senior PWR - Nicole 5:30pm Kickboxing - Katherine - TURF 6:30pm ZUMBA - Aimee	5:30am Power Pump - Talia 9:00am Morning Meltdown - Zach S 12pm Senior Fitness SS-Cindy	7:30am 60 min Spinning - Kelly 8:00am Boot Camp—Zach M 9:00am Cardio Interval-Missy 9:00am Spinning - Katherine 10:10am Yoga - Luis
9:00am Spinning - Talia 5:00pm Yoga- Luis	5:30am Power Pump - Tom 9:00am Spinning - Christa 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	5:15am Spinning - Kelly 9:00am Morning Meltdown-Vance 9:00am Senior PWR - Jamie 5:30pm Power Sculpt - Talia 6:30pm NO ZUMBA	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 Yoga - Luis	5:15am Spinning - Kelly 9:00am Senior PWR - Nicole 9:00am Pilates - Christa 5:30pm Kickboxing - Jen - TURF 6:30pm ZUMBA - Katie	5:30am Power Pump - Talia 9:00am Morning Meltdown - Zach S 12pm Senior Fitness SS-Cindy	7:30am 60 min Spinning - Kelly 8:00am Boot Camp - Ezra 9:00am Power Mix - Ezra 10:10am Yoga - Luis
9:00am Spinning - Talia 5:00pm Yoga - Luis	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	5:15am Spinning - Kelly 9:00am Morning Meltdown-Vance 9:00am Senior PWR - Jamie 5:30pm 30/30- Talia 6:30pm ZUMBA - Katie	5:30am Power Pump - Talia 9:00am Spinning - Katherine 12:00pm Senior Fitness SS-Cindy 5:30pm FREE Begin2B Fit-Anna 6:00pm Spinning - Brooke 7:00pm ZUMBA T-Aimee 7:10pm Yoga - Luis	5:15am Spinning - Kelly 9:00am Pilates - Kara 9:00am Senior PWR - Nicole 5:30pm Kickboxing - Jen - TURF 6:30pm ZUMBA - Katie	5:30am Power Pump - Talia 9:00am Morning Meltdown - Zach S 12pm Senior Fitness SS-Cindy	7:30am 60 min Spinning - Kelly 8:00am Boot Camp - Zach M 9:00am Kickboxing - Jen 9:00am Spinning - Katherine 10:10am Yoga - Luis
9:00am Spinning - Talia 5:00pm Yoga - Luis	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	5:15am Spinning - Kelly 9:00am Morning Meltdown-Vance 9:00am Senior PWR - Jamie 5:30pm HIIT- Talia 6:30pm ZUMBA - Katie	5:30am Power Pump - Talia 9:00am Spinning - Katherine 12:00pm Senior Fitness SS-Cindy 5:30pm Begin2B Fit-Anna 6:00pm Spinning - Talia 7:00pm ZUMBA T-Aimee 7:10pm Yoga - Luis	5:15am Spinning - Kelly 9:00am Pilates - Katherine 9:00am Senior PWR - Nicole 5:30pm Kickboxing - Jen - TURF 6:30pm ZUMBA - Katie	5:30am Power Pump - Talia 9:00am Morning Meltdown - Zach S 12pm Senior Fitness SS-Cindy	7:30am 60 min Spinning - Kelly 8:00am Boot Camp - Zach M 9:00am Power Mix - Raina 9:00am Spinning - Lisa 10:10am Yoga - Luis
9:00am Spinning - Talia 5:00pm Yoga- Luis	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	5:15am Spinning - Kelly 9:00am Morning Meltdown-Vance 9:00am Senior PWR - Jamie 5:30pm PowerSculpt- Talia 6:30pm ZUMBA - Katie	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 Yoga - Luis	5:15am Spinning - Kelly 9:00am Pilates - Kara 9:00am Senior PWR - Nicole 5:30pm Kickboxing - Jen - TURF 6:30pm ZUMBA - Katie	 <p>www.freeland-sportszone.com</p> <p>(989) 695-2000</p>	

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.

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/Cardio 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.

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 Fitness SS– Free for all Silver Sneakers members and only \$3 for everyone else. This class is functional training ranging from balance to strength!

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.

Class Spotlight

Monday's @ 9:30am Power Sculpt

Tonya leads 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! This class is offered for FREE on Monday, January 14th at 9:30am.

Wednesday's @ 5:30pm Begin 2B Fit

New to Fitness?! Join Anna for a Beginner Class and see what Beginning 2B Fit is all about! You will focus on a light Weight/Cardio workout! Wednesday January 3rd and 16th are FREE!



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



GROUP FITNESS CLASS SCHEDULE JANUARY 2019



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