


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
1 9:00am Spinning - Talia 5:00pm Yoga - Luis	2 5:30am Power Pump - Tom 9:00am Spinning - Christa 9:30am Power Sculpt - Tonya 6:00pm Spinning - Talia 7:00pm ZUMBA TONING - Aimee	3 5:30am Spinning - Talia 9:00am Morning Meltdown - Vance 5:30pm Power Sculpt - Talia	4 NO CLASS  OPEN 6A - 12PM  NO DAYCARE	5 9:00am Pilates - Christa 6:30pm ZUMBA - Katie	6 5:30am Power Pump - Talia 7:00am Spinning - Kelly 9:00am SENIOR PWR - Jamie - Turf 9:00am Morning Meltdown 2 - Danni	7 7:30am 60 min Spinning - Talia 8:00am Boot Camp - Fred 9:00am Step Mix - Rania 10:10am Yoga - Luis		
8 9:00am Spinning - Talia 5:00pm Kickboxing - Jen	9 5:30am Power Pump - Tom 9:00am Spinning - Christa 9:30am Power Sculpt - Tonya 5:30pm Weights & More - Missy 6:00pm Spinning - Talia 7:00pm ZUMBA TONING - Aimee 7:10pm Yoga - Kim	10 5:30am Spinning - Kelly 9:00am Morning Meltdown - Vance 5:30pm 30/30 - Talia	11 5:30am Power Pump - Talia 9:00am Spinning - Brooke 9:00am NO SENIOR PWR 9:00am Begin Fit - Pam 5:30pm Grit Strength - Danni - APC 6:00pm Spinning - Lisa 7:00pm Yoga - Luis - MP	12 5:30am Spinning - Kelly 9:00am Pilates - Kara 5:30pm Kickboxing - Jen - TURF 6:30pm ZUMBA - Katie	13 5:30am Power Pump - Talia 7:00am Spinning - Kelly 9:00am NO SENIOR PWR 9:00am Morning Meltdown 2 - Pam	14 7:30am 60 min Spinning - Kelly 8:00am Boot Camp - Fred 9:00am Kickboxing - Jen 10:10am Yoga - Luis		
15 9:00am Spinning - Talia 5:00pm GRIT Strength - Danni	16 5:30am Power Pump - Tom 9:00am Spinning - Lisa 9:30am Power Sculpt - Tonya 5:30pm Buns, Guns & Gutts - Jen 6:00pm Spinning - Talia 7:00pm ZUMBA TONING - Aimee 7:10pm Yoga - Kim	17 5:30am Spinning - Talia 9:00am Morning Meltdown - Vance 5:30pm Power Sculpt - Talia	18 5:30am Power Pump - Talia 9:00am Spinning - Brooke 9:00am Begin Fit - Pam 9:00am Senior PWR - Jamie - Turf 5:30pm Grit Strength - Danni - APC 6:00pm Spinning - Lisa 7:00pm Yoga - Luis - MP	19 5:30am Spinning - Talia 9:00am Pilates - 5:30pm Kickboxing - Jen - TURF 6:30pm ZUMBA - Katie	20 5:30am Power Pump - Talia 7:00am Spinning - Talia 9:00am SENIOR PWR - Jamie - Turf 9:00am Morning Meltdown 2 - Pam	21 7:30am 60 min Spinning - Alycia 8:00am Boot Camp - Danni 9:00am - Step Mix - Missy 10:10am Yoga - Luis		
22 9:00am Spinning - Talia 5:00pm Kickboxing - Jen	23 5:30am Power Pump - Tom 9:00am Spinning - Talia 9:30am Power Sculpt - Tonya 5:30pm Buns, Guns & Gutts - Jen 6:00pm Spinning - Talia 7:00pm ZUMBA TONING - Aimee 7:10pm Yoga - Kim	24 5:30am Spinning - Talia 9:00am Morning Meltdown - Vance 5:30pm 30/30 - Talia	25 5:30am Power Pump - Talia 9:00am Spinning - Talia 9:00am Begin Fit - Pam 9:00am Senior PWR - Jamie - Turf 5:30pm Grit Strength - Danni - APC 6:00pm Spinning - Talia 7:00pm Yoga - Luis - MP	26 5:30am Spinning - Talia 9:00am Pilates - 5:30pm Kickboxing - Jen - TURF 6:30pm ZUMBA - Katie	27 5:30am Power Pump - Talia 7:00am Spinning - Lisa 9:00am SENIOR PWR - Jamie - Turf 9:00am Morning Meltdown 2 - Pam	28 7:30am 60 min Spinning - Christa 8:00am Boot Camp - Michelle 9:00am - Power Mix - Danni 10:10am Yoga - Luis		
29 9:00am Spinning - Talia 5:00pm GRIT Strength - Danni	30 5:30am Power Pump - Tom 9:00am Spinning - Christa 9:30am Power Sculpt - Tonya 5:30pm Buns, Guns & Gutts - Jen 6:00pm Spinning - Talia 7:00pm ZUMBA TONING - Aimee 7:10pm Yoga - Kim	31 5:30am Spinning - Kelly 9:00am Morning Meltdown - Vance 5:30pm Power Sculpt - Talia	<p>Drop-In:</p> <p>Member \$3</p> <p>Non-member \$8</p>				 <p>www.freeland-sportszone.com</p> <p>(989) 695-2000</p>	

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

**Grit Strength** – A total body 50 minute workout that utilizes equipment that you see in the gym....but never use! It is a fun, new twist for exercises. No dumbbells are used at all in class!

**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.

**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 PWRI** - 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.

**Buns, Guns & Gutts** - A strength training class that focuses on all of the good parts! Dumbbells and body weight exercises are utilized in this class as well!

**Kettle Fusion** - Class that utilizes only Kettlebells and TRX with a splash of body weight exercises in it

**Kickboxing** - Take out all of that anger that has been building up for the week in our AWESOME Kickboxing class. This class utilizes the bags, hand held punching bags as well as dumbbells.

# SUMMER UNLIMITED CLASSES

Starting June 1st, we will be offering an unlimited group fitness pass to our members. From June 1st to August 31st, members can purchase a \$100 pass. This class works with Spinning, Zumba, Sculpt, Power Pump, etc!

Please see the Front Desk for more details.



For more information:

Call 989-695-2000

[www.freeland-sportszone.com](http://www.freeland-sportszone.com)



## GROUP FITNESS CLASS SCHEDULE JULY 2018



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