

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Drop-In: Member \$3 Non-member \$8	1 5:30am Power Pump - Tom 9:00am Spinning - Christa 9:00am Power Sculpt - Tonya 9:00am Senior PWR - Jamie- Turf 5:30pm Cardio Kickboxing - Missy 6:00pm Spinning - Talia 7:00pm ZUMBA Toning - Aimee 7:10pm Yoga - Kim	2 5:30am Spinning - Kelly 9:00am 2TheMax - Danni 4:30pm Power Sculpt - Talia 5:30pm Spinning - Christa 6:30pm ZUMBA - Katie	3 5:30am Power Pump - Talia 9:00am Senior PWR - Jamie- Turf 9:00am Spinning - Heather 6:00pm Turbo Kick - Kim 6:00pm Spinning - Talia 7:10pm Yoga - Sharon 7:15pm ZUMBA - Eric	4 5:30am Spinning - Kelly 9:00am Pilates - Kara 5:30pm Kickboxing - Jen - TURF ROOM 6:30pm ZUMBA - Aimee	5 5:30am Power Pump - Talia 9:00am Morning Melt-down - Dylan	6 7:30am 60 min Spinning - Kelly 8:00am Boot Camp - Dylan 9:00am Power Mix - Missy 9:00am Spinning - Suzanne 10:10am Yoga - Sharon
7 9:00am Spinning - Talia 6:00pm ZUMBA - Eric	8 5:30am Power Pump - Tom 9:00am Spinning - Christa 9:00am Power Sculpt - Tonya 9:00am Senior PWR - Jamie- Turf 5:30pm Step Mix - Missy 6:00pm Spinning - Talia 7:10pm Yoga - Kim 7:00pm ZUMBA Toning - Eric	9 5:30am Spinning - Kelly 9:00am 2TheMax - Christa 4:30pm Power Sculpt - Talia 5:30pm Spinning - Christa 6:30pm ZUMBA - Katie	10 5:30am Power Pump - Talia 9:00am Senior PWR - Jamie- Turf 9:00am Spinning - Heather 6:00pm Turbo Kick - Kim 6:00pm Spinning - Lisa 7:10pm Yoga - Sharon 7:15pm ZUMBA - Eric	11 5:30am Spinning - Kelly 9:00am Pilates - Kara 6:30pm ZUMBA - Katie	12 5:30am Power Pump - Talia 9:00am Morning Melt-down - Dylan	13 7:30am 60 min Spinning - Kelly 8:00am Boot Camp - Michelle 9:00am Kickboxing - Jen 9:00am Spinning - Talia 10:10am Yoga - Sharon
14 9:00am Spinning - Talia 6:00pm ZUMBA - Eric	15 5:30am Power Pump - Tom 9:00am Spinning - Christa 9:00am Power Sculpt - Tonya 9:00am Senior PWR - Jamie- Turf 5:30pm Kickboxing - Jen 6:00pm Spinning - Talia 7:00pm ZUMBA Toning - Aimee 7:10pm Yoga - Kim	16 5:30am Spinning - Kelly 9:00am 2TheMax - Danni 4:30pm Power Sculpt - Talia 5:30pm Spinning - Christa 6:30pm ZUMBA - Katie	17 5:30am Power Pump - Talia 9:00am Senior PWR - Jamie- Turf 9:00am Spinning - Tracy 6:00pm Turbo Kick - Kim 6:00pm Spinning - Lisa 7:10pm Yoga - Sharon	18 5:30am Spinning - Kelly 9:00am Pilates - Kara 5:30pm Kickboxing - Jen - TURF ROOM 6:30pm ZUMBA - Aimee	19 5:30am Power Pump - Talia 9:00am Morning Melt-down - Dylan	20 CLOSED!!
21 9:00am Spinning - Talia 6:00pm ZUMBA - Eric	22 5:30am Power Pump - Tom 9:00am Spinning - Christa 9:00am Power Sculpt - Tonya 9:00am Senior PWR - Jamie- Turf 5:30pm Kickboxing - Jen 6:00pm Spinning - Talia 7:00pm ZUMBA Toning - Aimee 7:10pm Yoga - Kim	23 5:30am Spinning - Kelly 9:00am 2TheMax - Danni 4:30pm Power Sculpt - Talia 5:30pm Spinning - Christa 6:30pm ZUMBA - Katie	24 5:30am Power Pump - Talia 9:00am Senior PWR - Jamie- Turf 9:00am Spinning - Suzanne 6:00pm Turbo Kick - Kim 6:00pm Spinning - Lisa 7:10pm Yoga - Sharon 7:15pm ZUMBA - Eric	25 5:30am Spinning - Kelly 9:00am Pilates - Kara 5:30pm Kickboxing - Rania - Aerobic 6:30pm ZUMBA - Aimee	26 5:30am Power Pump - Talia 9:00am Morning Melt-down - Dylan	27 7:30am 60 min Spinning - Kelly 8:00am Boot Camp - Laura 9:00am Power Mix - Rania 9:00am Spinning - Tracy 10:10am Yoga - Sharon
28	29 OPEN 6A-2P NO DAYCARE	30 5:30am Spinning - Kelly 9:00am 2TheMax - Danni 4:30pm Power Sculpt - Talia 5:30pm Spinning - Christa 6:30pm ZUMBA - Katie	31 5:30am Power Pump - Talia 9:00am Senior PWR - Jamie- Turf 9:00am Spinning - Tracy 6:00pm Turbo Kick - Kim 6:00pm Spinning - Lisa 7:10pm Yoga - Sharon 7:15pm ZUMBA - Eric	 www.freeland-sportszone.com (989) 695-2000		

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.

CLASS SPOTLIGHT!

KICKBOXING W/ JEN

Jen is leading our FANTASTIC Kickboxing classes on Thursday nights at 5:30pm. She leads everyone through a basic warm-up to warm up those muscles that will be utilized. Then in a 50 minute class, your total body will be worked with kicking, punching, ab exercise, etc. She will get you sweating!

Jen also teaches the class on a few Monday nights and Saturday mornings.

Be sure to stop in and give the class a try!

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



GROUP FITNESS CLASS SCHEDULE MAY 2017



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