



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
\$3 Members \$8 Guests *GF Punchcard 10/\$25 *Members Only						
5	6	7	8	9	10	11
9:00am Spinning - Talia 5:00pm Yoga- Luis	5:30am Power Pump - Tom 9:00am Spinning - Lisa 9:30am Power Sculpt - Tonya 12:00pm Senior Fitness SS-Cindy 5:30pm Buns,Guns & Guts - Anna 6:00pm Spinning - Talia 6:30pm ZUMBA Toning - Aimee 7:10pm Yoga - Kim	5:15am Spinning - Kelly 9:00am Morning Meltdown-Vance 9:00am Senior PWR - Kelly 10:00am Hatha Yoga-Teresa 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 - Lisa 6:30pm ZUMBA -Katie 7:10pm Yoga - Luis	5:15am Spinning - Kelly 9:00am Senior PWR - Nicole 9:00am Pilates - Katherine 5:30pm Kickboxing - Anna TURF 6:30pm ZUMBA - Aimee	5:30am Power Pump - Talia 9:00am Morning Meltdown - Zach S 12pm Senior Fitness SS- Cindy 6:00pm-Intro to Yoga-Luis	7:30am 60 min Spinning - Talia 8:00am Boot Camp - Ezra 9:00am PowerMix- Anna 9:00am Spinning - Brooke 10:10am Yoga - Luis
12	13	14	15	16	17	18
9:00am Spinning - Talia 5:00pm Yoga - Luis *Happy Mother's Day! Free class today to all the AMAZING moms! * Must be a SportsZone member	5:30am Power Pump - Tom 9:00am Spinning - Lisa 9:30am Power Sculpt - Tonya 12:00pm Senior Fitness SS-Cindy 5:30pm Buns,Guns & Guts - Anna 6:00pm Spinning - Talia 6:30pm ZUMBA Toning - Aimee 7:10pm Yoga - Kim	5:15am Spinning - Kelly 9:00am Morning Meltdown-Vance 9:00am Senior PWR - Kelly 10:00am Hatha Yoga-Teresa 5:30pm PowerSculpt- Danni 6:30pm ZUMBA - Katie Danni will be home !!!!	5:30am Power Pump - Talia 9:00am Spinning - Katherine 12:00pm Senior Fitness SS-Cindy 6:00pm Spinning - Brooke 6:30pm 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	FSZ CLOSED! Freeland Athletic Association Millionaire Party 3p-8p \$100 (admits 2) For more information contact: FreelandAthleticAssociation@gmail.com
19	20	21	22	23	24	25
9:00am Spinning - Talia 5:00 NO YOGA	5:30am Power Pump - Tom 9:00am Spinning - Lisa 9:30am Power Sculpt - Tonya 12:00pm Senior Fitness SS-Cindy 5:30pm Buns,Guns & Guts - Anna 6:00pm Spinning - Talia 6:30pm ZUMBA Toning - Aimee 7:10pm Yoga - Kim	5:15am Spinning - Kelly 9:00am Morning Meltdown-Vance 9:00am Senior PWR - Kelly 10:00am Hatha Yoga-Teresa 5:30pm HIIT- Talia 6:30pm ZUMBA - Katie	5:30am Power Pump - Talia 9:00am Spinning - Katherine 12:00pm Senior Fitness SS-Cindy 6:00pm Spinning - Lisa 6:30pm 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 - Brooke 8:00am Boot Camp - Vance 9:00am Power Mix - Anna 9:00am Spinning- Katherine 10:10am Yoga - Luis
26	27	28	29	30	31	
No Classes	Happy Memorial Day No Classes! Enjoy a "Rest" Day Open 5a-12p	5:15am Spinning - Kelly 9:00am Morning Meltdown-Vance 9:00am Senior PWR - Kelly 10:00am Hatha Yoga-Teresa 5:30pm PowerSculpt- Talia 6:30pm ZUMBA - Katie	5:30am Power Pump - Talia 9:00am Spinning - Katherine 12:00pm Senior Fitness SS-Anna 6:00pm Spinning - Brooke 6:30pm ZUMBA T-Aimee 7:10pm Yoga - Luis	5:15am Spinning - Talia 9:00am Senior PWR - Nicole 9:00am Pilates - Kara 5:30pm Kickboxing - Jen - TURF 6:30pm ZUMBA - Katie	5:30am Power Pump - Talia 9:00am Morning Meltdown - Zach S 12pm Senior Fitness SS- Katherine	•All Classes are subject to cancellation due to low participation numbers and are subject to change instructor, room or format if needed.

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/ 40/20 – 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 class designed to improve the health, performance, and mental acuity of athletes or individuals interested in improving their level of fitness.

Hatha Yoga- A slow flowing class with emphasis on Strength, Flexibility and Balance

Power Vinyasa- A quick pace class, focused on longer holds to build strength paired with breathing

Low Flow-Staying low to the ground, this class focuses on the hips with minor strength building moves and more simple stretches.

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!
*Toning incorporates Weights.

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.

30/30- 30m muscle building workout then off to the Spin room for an intense 30mSpin workout!

Class Spotlight

If you are looking for a more flexible, strong, capable body and a clear, positive heart and mind then yoga is for you. It's a great form of exercise that will improve your fitness, as well as aiding your mental well being.

Join Luis Friday May 10th @ 6pm

For an intro to this magical exercise. He will guide you through the basic poses and techniques so that you feel more comfortable when taking your next class.



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



GROUP FITNESS CLASS SCHEDULE MAY 2019



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