

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>www.freeland-sportszone.com</p> <p>(989) 695-2000</p>			<p>Drop-In</p> <p>Member \$3</p> <p>Non-Member \$8</p>	<p>1</p> <p>5:15am Spinning - Kelly</p> <p>9:00am Pilates - Kara</p> <p>9:00am SNR PWR-Nicole</p> <p>5:30pm Kickboxing - Jen - Turf</p> <p>6:30pm ZUMBA - Katie</p>	<p>2</p> <p>5:30am Power Pump - Talia</p> <p>9:00am Morning Meltdown - Zach S.</p>	<p>3</p> <p>7:30am 60 min Spinning - Kelly</p> <p>8:00am Boot Camp - Vance</p> <p>9:00am PowerSculpt-Talia</p> <p>10:10am Yoga - Luis</p>
<p>4</p> <p>9:00am Spinning - Talia</p> <p>5:00pm Yoga- Luis</p>	<p>5</p> <p>5:30am Power Pump - Tom</p> <p>9:00am Spinning - Katherine</p> <p>9:00am SNR PWR-Jaime</p> <p>9:30am Power Sculpt - Tonya</p> <p>12:00pm Senior Fitness SS- Cindy</p> <p>5:30pm NO Buns,Guns &amp; Gutts</p> <p>6:00pm Spinning - Talia</p> <p>7:10pm Yoga - Kim</p> <p>7:00pm ZUMBA Toning - Aimee</p>	<p>6</p> <p>5:15am Spinning - Kelly</p> <p>9:00am Morning Meltdown - Vance</p> <p>9:00am FREE Yoga - Teresa LIMIT 10</p> <p>5:30pm Power Sculpt - Talia</p> <p>6:30pm ZUMBA - Katie</p>	<p>7</p> <p>5:30am Power Pump - Talia</p> <p>9:00am Spinning - Katherine</p> <p>12:00pm Senior Fitness SS- Cindy</p> <p>6:00pm Spinning - Lisa</p> <p>6:30pm ZUMBA TONING - Aimee</p> <p>7:00pm Yoga - Luis</p>	<p>8</p> <p>5:15am Spinning - Kelly</p> <p>9:00am Pilates - Kara</p> <p>5:30pm Kickboxing - Jen - Turf</p> <p>9:00am SNR PWR-Nicole</p> <p>6:30pm ZUMBA - Katie</p>	<p>9</p> <p>5:30am Power Pump - Talia</p> <p>9:00am Morning Meltdown - Zach S.</p> <p>12:00pm Senior Fitness SS- Cindy</p>	<p>10</p> <p>7:30am 60 min Spinning - Talia</p> <p>8:00am Boot Camp - Zach S</p> <p>9:00am KB Fusion- Zach.S (APC)</p> <p>10:10am Yoga - Luis</p>
<p>11</p> <p>9:00am Spinning - Talia</p> <p>5:00pm Yoga-Luis</p>	<p>12</p> <p>5:30am Power Pump - Tom</p> <p>9:00am Spinning - Katherine</p> <p>9:00am SNR PWR-Jaime</p> <p>9:30am Power Sculpt - Tonya</p> <p>12:00pm Senior Fitness SS- Cindy</p> <p>5:30pm Buns, Guns &amp; Gutts- Jen</p> <p>6:00pm Spinning - Talia</p> <p>7:00pm ZUMBA Toning - Aimee</p> <p>7:10pm Yoga - Kim</p>	<p>13</p> <p>5:15am Spinning - Kelly</p> <p>9:00am Morning Meltdown - Vance</p> <p>9:00am FREE Yoga - Teresa LIMIT 10</p> <p>5:30pm APC - Talia</p> <p>6:30pm ZUMBA - Katie</p>	<p>14</p> <p>5:30am Power Pump - Talia</p> <p>9:00am Spinning - Katherine</p> <p>12:00pm Senior Fitness SS- Cindy</p> <p>6:00pm Spinning - Brooke</p> <p>6:30pm ZUMBA TONING- Aimee</p> <p>7:00pm Yoga - Luis</p>	<p>15</p> <p>5:15am Spinning - Kelly</p> <p>9:00am Pilates-Christa</p> <p>9:00am SNR PWR-Nicole</p> <p>5:30pm Kickboxing - Jen - Turf (Free)</p> <p>6:30pm ZUMBA - Aimee</p>	<p>16</p> <p>5:30am Power Pump - Talia</p> <p>9:00am Morning Meltdown - Zach S.</p> <p>12:00pm Senior Fitness SS- Cindy</p>	<p>17</p> <p>7:30am 60 min Spinning - Kelly</p> <p>8:00am Boot Camp- Vance</p> <p>9:00am Power Mix - Jen</p> <p>10:10am Yoga - Luis</p>
<p>18</p> <p>9:00am Spinning - Talia</p> <p>5:00pm Yoga-Luis</p>	<p>19</p> <p>5:30am Power Pump - Tom</p> <p>9:00am Spinning - Christa</p> <p>9:00am SNR PWR-Jaime</p> <p>9:30am Power Sculpt - Tonya</p> <p>12:00pm Senior Fitness SS- Cindy</p> <p>5:30pm Buns, Guns &amp; Gutts - Jen</p> <p>6:00pm Spinning - Talia</p> <p>7:10pm Yoga - Kim</p> <p>7:00pm ZUMBA Toning - Aimee</p>	<p>20</p> <p>5:15am Spinning - Kelly</p> <p>9:00am Morning Meltdown - Vance</p> <p>9:00am FREE Yoga - Teresa LIMIT 10</p> <p>5:30pm 30/30- Talia</p> <p>6:30pm ZUMBA - Katie</p>	<p>21</p> <p>5:30am Power Pump - Talia</p> <p>9:00am Spinning - Katherine</p> <p>12:00pm Senior Fitness SS- Cindy</p> <p>6:00pm Spinning- Lisa</p> <p>6:30pm ZUMBA TONING - Aimee</p> <p>7:00pm Yoga - Luis</p>	<p>22</p> <p>7:00am</p> <p>90 Minute Spin -Talia</p> <p>(Sign up to reserve a bike)</p> <p><b>OPEN 6-12P</b></p> <p><b>NO DAYCARE!</b></p>	<p>23</p> <p>9:00 am</p> <p>Turkey Burnoff -Zach S</p> 	<p>24</p> <p>7:30am 60 min Spinning - Kelly</p> <p>8:00am Boot Camp - Ezra</p> <p>9:00am Kickboxing - Jen</p> <p>10:10am Yoga - Luis</p>
<p>25</p> <p>9:00am Spinning - Talia</p> <p>5:00pm Yoga-Luis</p>	<p>26</p> <p>5:30am Power Pump - Tom</p> <p>9:00am Spinning - Christa</p> <p>9:00am SNR PWR-Jaime</p> <p>9:30am Power Sculpt - Tonya</p> <p>12:00pm Senior Fitness SS- Cindy</p> <p>5:30pm Buns, Guns &amp; Gutts- Jen</p> <p>6:00pm Spinning - Talia</p> <p>7:10pm Yoga - Kim</p> <p>7:00pm ZUMBA Toning - Aimee</p>	<p>27</p> <p>5:15am Spinning - Kelly</p> <p>9:00am Morning Meltdown - Vance</p> <p>9:00am FREE Yoga - Teresa LIMIT 10</p> <p>5:30pm Power Sculpt - Talia</p> <p>6:30pm ZUMBA - Katie</p>	<p>28</p> <p>5:30am Power Pump - Talia</p> <p>9:00am Senior PWR - Jamie -Turf</p> <p>9:00am Spinning - Katherine</p> <p>12:00pm Senior Fitness SS- Cindy</p> <p>6:00pm Spinning - Brooke</p> <p>6:30pm ZUMBA TONING- Aimee</p> <p>7:00pm Yoga - Luis</p>	<p>29</p> <p>5:15am Spinning - Kelly</p> <p>9:00am Pilates - Christa</p> <p>9:00am SNR PWR-Nicole</p> <p>5:30pm Kickboxing - Jen - Turf</p> <p>6:30pm ZUMBA - Aimee</p>	<p>30</p> <p>5:30am Power Pump - Talia</p> <p>9:00am Morning Meltdown - Zach S.</p> <p>12:00pm Senior Fitness SS- Cindy</p>	

## 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** - 30 minutes of pure strength training and then it's off to the Spinning Room for a quick and intense 30 minutes of Spinning.

**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.

**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!

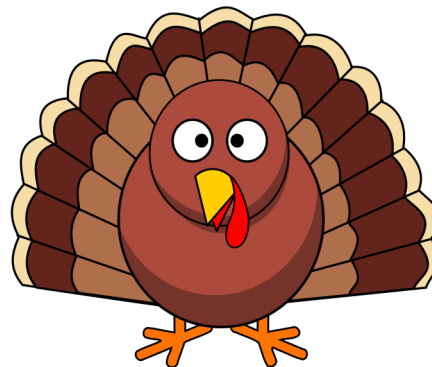
# NOVEMBER SPECIALS

Thursday, November 15th - Significant others away hunting? That doesn't mean you have to skip your workout! Jen will be leading a FREE Deer Widows Workout.

**KICKBOXING!**

**Thanksgiving Day** we will be hosting a 90 minute Turkey Day Spin! Class is starting at 7am and you will be done at 8:30am. Perfect time to get in and get your workout in before you eat all that turkey!

### Stay tuned for our BLACK FRIDAY SPECIALS!



For more information:

Call 989-695-2000

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



## GROUP FITNESS CLASS SCHEDULE NOVEMBER 2018



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