

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.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
	1 5:30am Power Pump - Tom 9:00am Spinning - Christa 9:00am SNR PWR - Jamie 9:30am Power Sculpt - Tonya 12:00pm Senior Fitness-Cindy 5:30pm Buns, Guns & Guts - Jen 6:00pm Spinning - Talia 7:00pm NO ZUMBA TONING 7:10pm Yoga - Kim	2 5:15am Spinning - Kelly 9:00am Morning Meltdown - Vance 10:00am FREE Yoga-Teresa 5:30pm 30/30- Talia 6:30pm ZUMBA -Katie	3 5:30am Power Pump - Talia 9:00am Spinning - Katherine 12:00pm Senior Fitness-Cindy 6:00pm Spinning - Lisa 7:00pm Yoga - Luis 7:00pm ZUMBA TONING- Aimee	4 5:15am Spinning - Kelly 9:00am Pilates - Katherine 9:00am SNR PWR-Nicole 5:30pm-Kickboxing-Jen 6:30pm ZUMBA - Katie	5 5:30am Power Pump - Talia 9:00amMorning Melt-down 2 - Zach S. 12:00pm Senior Fitness-Cindy	6 7:30am 60 m Spinning - Kelly 8:00am Boot Camp - Ezra 9:00am Pump It- Ezra (APC) 10:10am Yoga - Luis	
7 9:00am Spinning - Talia 5:00pm Yoga-Luis	8 5:30am Power Pump - Tom 9:00am Spinning - Christa 9:00am SNR PWR- Nicole 9:30am Power Sculpt - Tonya 12:00pm Senior Fitness-Cindy 5:30pm Buns, Guns & Guts - Jen 6:00pm Spinning - Talia 7:00pm ZUMBA TONING - Aimee 7:10pm Yoga - Kim	9 5:15am Spinning - Kelly 9:00am Morning Meltdown - Vance 10:00am FREE Yoga- Teresa 5:30pm - Pump It -Talia (APC) 6:30pm ZUMBA- Katie	10 5:30am Power Pump - Talia 9:00am Spinning - Katherine 12:00pm Senior Fitness-Cindy 6:00pm Spinning - Lisa 7:00pm Yoga - Luis 7:00pm ZUMBA TONING- Aimee	11 5:15am Spinning - Kelly 9:00am Pilates - Kara 9:00am SNR PWR-Nicole 5:30pm Kickboxing-Jen 6:30pm ZUMBA - Katie	12 5:30am Power Pump - Talia 9:00amMorning Melt-down 2 - Zach S. 12:00pm Senior Fitness-Cindy	13 7:30am 60 m Spinning - Kelly 8:00am Boot Camp- Vance 9:00am Step Mix - Missy 10:10am Yoga - Luis	
14 9:00am Spinning - Talia 5:00pm Yoga -Luis	15 KADE Day ! ALL GFIT Sales Donated to the Kade Fam! 5:30am Power Pump - Tom 9:00am Spinning - Christa 9:00am SNR PWR- Jamie 9:30am Power Sculpt - Tonya 12:00pm Senior Fitness -Cindy 5:30pm Buns, Guns & Guts - Jen 6:00pm Spinning - Talia (DJ SPIN) 7:00pm ZUMBA TONING - Aimee 7:10pm Yoga - Kim *DJ Ryan Rousseau	16 5:15am Spinning - Kelly 9:00am Morning Meltdown - Vance 10:00am FREE Yoga- Teresa 5:30pm Power Sculpt - Talia 6:30pm ZUMBA- Katie	17 5:30am Power Pump - Talia 9:00am Spinning - Katherine 12:00pm Senior Fitness-Cindy 6:00pm Spinning - Lisa 7:00pm Yoga - Luis 7:00pm ZUMBA TONING- Aimee	18 5:15am Spinning - Kelly 9:00am Pilates - Kara 9:00am SNR PWR-Nicole 5:30pm Kickboxing-Jen 6:30pm ZUMBA - Katie	19 5:30am-Power Pump - Talia 9:00amMorning Melt-down 2 - Zach S. 12:00pm Senior Fitness-Cindy	20 7:30am 60 m Spinning - Kelly 8:00am Boot Camp - Zach S 9:00am TRX- Zach S (APC) 10:10am Yoga - Luis	
21 9:00am Spinning - Talia 5:00pm Yoga-Luis	22 5:30am Power Pump - Tom 9:00am Spinning - Christa 9:00am SNR PWR- Jamie 9:30am Power Sculpt - Tonya 12:00pm Senior Fitness-Cindy 5:30pm Weights & More - Jen 6:00pm Spinning - Talia 7:00pm ZUMBA TONING - Aimee 7:10pm Yoga - Kim	23 5:15am Spinning - Talia 9:00am Morning Meltdown - Vance 10:00am FREE Yoga- Teresa 5:30pm 30/30 - Talia 6:30pm ZUMBA- Katie	24 5:30am Power Pump - Talia 9:00am Spinning - Katherine 12:00pm Senior Fitness-Cindy 6:00pm Spinning - Brooke 7:00pm Yoga - Luis . 7:00pm ZUMBA TONING- Aimee	25 5:15am Spinning - Kelly 9:00am Pilates - Kara 9:00am SNR PWR-Nicole 5:30pm NO Kickboxing *6:30pm ZUMBA- Aimee/Katie *Raise the ROOF for Tina Wenzel! Breast Cancer Awareness \$10	26 5:30am-Power Pump - Talia 9:00amMorning Melt-down 2 - Zach S. 12:00pm Senior Fitness-Cindy	27 *7:00am 90m Spinning - Kelly 8:00am Boot Camp - Vance 9:00am Step Mix- Raina 10:10am Yoga - Luis *HALLOWEEN RIDE	
28 9:00am Spinning - Lisa 5:00pm Yoga- Luis	29 5:30am Power Pump - Tom 9:00am Spinning - Christa 9:00am SNR PWR- Jamie 9:30am Power Sculpt - Tonya 12:00pm Senior Fitness-Cindy 5:30pm Weights & More - Jen 6:00pm Spinning - Talia 7:00pm ZUMBA TONING - Aimee 7:10pm Yoga - Kim	30 5:15am Spinning - Kelly 9:00am Morning Meltdown - Vance 10:00am FREE Yoga- Teresa 5:30pm HIIT - Talia 6:30pm ZUMBA- Katie	31 5:30am Power Pump - Talia 9:00am Spinning - Katherine 12:00pm Senior Fitness-Cindy 6:00pm Spinning- Christa HAPPY HALLOWEEN!	www.freelandsportszone.com			



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/Power Pump- 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!! Class will vary with Instructor ;)

Spinning Classes – A TRUE Spinning workout where all fitness levels are welcome! Adjust your pace and resistance to fit your fitness goals. All Instructors will vary in style, find the one that is right for you!

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 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.

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.

Senior Fitness–Free to Silver Sneakers Members!

Class focuses on strengthening muscles and increasing range of movement for daily life activities. Participants can use hand-held weights, elastic tubing with handles and a SilverSneakers ball.

30/30– Challenging class split into two parts! First 30 m are weights followed by a quick yet Intense 30m Spin! Check it out!

FREE YOGA!

“The **relaxation** techniques incorporated in yoga can lessen chronic **pain**, such as **lower back pain, arthritis**, headaches and carpal tunnel syndrome,” explains Dr. Nevins. “Yoga can also **lower blood pressure** and reduce insomnia.” Other physical benefits of yoga include: Increased **flexibility**.

-Dr. Nevins, American Osteopathic Association

This is just a few wonderful benefits of adding Yoga to your workout routine. FSZ's Certified Yoga Instructors are happy to assist you as you learn the techniques!

A FREE Yoga Class will now be offered on Tuesdays @ 10am for the Month of October!

Instructed by Teresa Krueger



For more information:

Call 989-695-2000

www.freeland-sportszone.com



GROUP FITNESS CLASS SCHEDULE OCTOBER 2018



LIKE US ON FACEBOOK AT Freeland SportsZone

FOLLOW US ON TWITTER

@FreelandSZ



FOLLOW US ON INSTAGRAM

@Freelandsportszone

(989) 695-2000