

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2 No Spin	3 No Classes Happy Labor Day Hours: 6a-12p No KidZone	4 5:15am Spinning - Kelly 9:00am Morning Meltdown - Vance 5:30pm Power Sculpt - Talia 6:30pm Zumba -Katie	5 5:30am Power Pump - Talia 9:00am Spinning - Katherine 9:00am NO SENIOR PWR 12:00pm Senior Fitness-Cindy 6:00pm Spinning - Lisa 7:00pm Yoga - Luis	6 5:15am Spinning - Kelly 9:00am Pilates - Kara 5:30pm No Kickboxing 6:30pm ZUMBA - Katie	7 5:30am Power Pump - Talia 9:00am SENIOR PWR 9:00am Morning Meltdown 2 - Zach S. 12:00pm Senior Fitness-Cindy	1/8 7:30am 60 m Spinning - Kelly/Talia 8:00am Boot Camp - 8th Only-Ezra 9:00am Power Sculpt -Zach S/Zach S 10:10am Yoga - Luis
9 9:00am Spinning - Talia	10 5:30am Power Pump - Tom 9:00am Spinning - Christa 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	11 5:15am Spinning - Kelly 9:00am Morning Meltdown - Vance 5:30pm 30/30- Talia 6:30pm Zumba- Katie	12 5:30am Power Pump - Talia 9:00am Spinning - Katherine 9:00am SENIOR PWR 12:00pm Senior Fitness-Cindy 6:00pm Spinning - Brooke 7:00pm Yoga - Luis	13 5:15am Spinning - Kelly 9:00am Pilates - Kara 5:30pm Kickboxing-Jen 6:30pm ZUMBA - Aimee	14 5:30am Power Pump - Talia 9:00am SENIOR PWR 9:00am Morning Meltdown 2 - Zach S. 12:00pm Senior Fitness-Cindy	15 7:30am 60 m Spinning - Kelly 8:00am Boot Camp - Ezra 9:00am - TRX Fusion Zach S 10:10am Yoga - Luis
16 9:00am Spinning - Talia	17 5:30am Power Pump - Tom 9:00am Spinning - Christa 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	18 5:15am Spinning - Kelly 9:00am Morning Meltdown - Vance 5:30pm Power Sculpt - Talia 6:30pm Zumba- Aimee	19 5:30am Power Pump - Talia 9:00am Spinning - Katherine 9:00am SENIOR PWR 12:00pm Senior Fitness-Cindy 6:00pm Spinning - Lisa 7:00pm Yoga - Luis	20 5:15am Spinning - Kelly 9:00am Pilates - Kara 5:30pm Kickboxing-Jen 6:30pm ZUMBA - Aimee	21 5:30am-Power Pump - Talia 9:00am SENIOR PWR 9:00am Morning Meltdown 2 - Zach S. 12:00pm Senior Fitness-Cindy	22 7:30am 60 m Spinning - Kelly 8:00am Boot Camp - Zach M 9:00am - Step Mix Raina 10:10am Yoga - Luis
23 9:00am Spinning - Alycia	24 5:30am Power Pump - Tom 9:00am Spinning - Christa 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	25 5:15am Spinning - Kelly 9:00am Morning Meltdown - Vance 5:30pm 30/30 - Talia 6:30pm Zumba- Katie	26 5:30am Power Pump - Talia 9:00am Spinning - Katherine 9:00am SENIOR PWR 12:00pm Senior Fitness-Cindy 6:00pm Spinning - Alycia 7:00pm Yoga - Luis	27 5:15am Spinning - Kelly 9:00am Pilates - Kara 5:30pm Kickboxing-Jen 6:30pm ZUMBA - Aimee	28 5:30am-Power Pump - Talia 9:00am SENIOR PWR 9:00am Morning Meltdown 2 - Zach S. 12:00pm Senior Fitness-Cindy	29 7:30am 60 m Spinning - Kelly 8:00am Boot Camp - Zach S 9:00am Power Mix- Missy 10:10am Yoga - Luis
30 9:00am Spinning - Talia	 www.freeland-sportszone.com (989) 695-2000					Drop-In: Member \$3 Non-member \$8

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

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 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.

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!

Yoga is offered:
Mondays @ 7:10p –Kim
Wednesdays @ 7:00p - Luis
Saturdays @ 10:10a –Luis



For more information:

Call 989-695-2000

www.freeland-sportszone.com



GROUP FITNESS CLASS SCHEDULE SEPTEMBER 2018



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