

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>AUGUST 2022 FSZ GROUP FITNESS</b>	1 8:30am Cardio Pump–Katherine 9:00am SS-Aaron 10:15am SS-Aaron 6:00pm Spinning-Erica 6:30pm Zumba T.– Aimee	2 5:15am Spinning - Talia 6:00pm Pump-Erica (Free)	3 5:30am Pump– Talia (Class is 45min) 9:00am Spinning-Katherine 9:00am SS-Everett 10:15am SS-Everett 6:00pm Yoga-Cindy 6:30pm Zumba-Katie	4 5:15am Spinning –Talia 9:00am Pilates–Katherine	5 9:00am SS-Aaron 10:15am SS-Aaron	6 7:30am Spinning-Katherine
<b>SILVER SNEAKERS</b> Classes are <b>BACK!</b> Must Pre-Register!	8 8:30am Cardio Pump–Katherine 9:00am SS-Aaron 10:15am SS-Aaron 6:00pm Spinning-Talia 6:30pm Zumba T.– Aimee	9 5:15am Spinning - Talia 6:00pm Pump-Erica	10 5:30am Pump– Talia (Class is 45min) 9:00am Spinning-Katherine 9:00am SS-Everett 10:15am SS-Everett 6:00pm Yoga-Cindy (Free)	11 5:15am Spinning –Talia 9:00am Pilates–Katherine	12 10:00am SS-Aaron 10:15am SS-Aaron	13
14 <b>The FSZ would like to THANK YOU for your continued Support!</b>	15 8:30am Cardio Pump–Katherine 9:00am SS-Aaron 10:15am SS-Aaron 6:00pm Spinning-Talia (Free)	16 5:15am Spinning - Talia 6:00pm Pump– Erica	17 5:30am Pump– Talia (Class is 45min) 9:00am Spinning-Katherine 9:00am SS-Everett 10:15am SS-Everett 6:00pm Yoga-Cindy 6:30pm Zumba-Katie	18 5:15am Spinning– Talia 9:00am Pilates–Katherine	19 9:00am SS-Aaron 10:15am SS-Aaron	20
21	22 8:30am Cardio Pump–Katherine 9:00am SS-Aaron 10:15am SS-Aaron 6:00pm Spinning-Talia 6:30pm Zumba T.– Aimee	23 5:15am Spinning - Talia 6:00pm Pump-Erica	24 5:30am Pump– Talia (Class is 45min) 9:00am Spinning-Katherine 9:00am SS-Everett 10:15am SS-Everett 6:00pm Yoga-Cindy 6:30pm Zumba-Katie	25 5:15am Spinning –Talia 9:00am Pilates–Katherine	26 9:00am SS-Aaron 10:15am SS-Aaron	27 7:30am Spinning-Katherine
28 <b>Pre Registration IS REQUIRED for all Classes</b>	29 8:30am Cardio Pump–Katherine (Free) 9:00am SS-Aaron 10:15am SS-Aaron 6:00pm Spinning-Talia 6:30pm Zumba T.– Aimee	30 5:15am Spinning - Talia 6:00pm Pump-Erica	31 5:30am Pump– Talia (Class is 45min) 9:00am Spinning-Katherine 9:00am SS-Everett 9:15m SS-Everett 6:00pm Yoga-Cindy 6:30pm Zumba-Katie			All Classes are subject to cancellation (4pm) 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.

**Cardio 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!

**Pump**– A challenging 45 min workout using a variety of weights & Cardio (depending on Instructor) to increase muscle strength and endurance.

**Spinning Classes** – An indoor cycling workout where all fitness levels are welcome! Adjust your pace and resistance to fit your fitness goals. (45m unless listed otherwise)

**Yoga**- A class designed to improve the health, performance, and mental acuity of athletes or individuals interested in improving their level of fitness.

**ZUMBA**– 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 Fitness SS**– Free for all Silver Sneakers members and only \$3 for everyone else. This class is functional training ranging from balance to strength!

**\*\*INSTRUCTOR STYLE'S WILL VARY**

# Class Spotlight



## SUMMER IS HERE!

### Senior Fitness

Classes will be

**M, W & F @ 9am & 10:15am**

Step out of your

## COMFORT ZONE

And try a class you normally  
wouldn't attend! You might enjoy it.

## August FREE Classes!

**Pump Aug. 2nd 6pm**

**Yoga Aug. 10th 6pm**

**Spinning Aug. 15th 6pm**

**Zumba T Aug. 22 6pm**

For more information:

Call 989-695-2000

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

# GROUP FITNESS CLASS SCHEDULE AUGUST 2022



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