

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>February 2025 FSZ GROUP FITNESS</b>			1			1 <small>All Classes are subject to cancellation (4pm) due to low participation numbers and are subject to change instructor, room or format if needed</small>
2 <b>Pre Registration IS REQUIRED for all Classes</b>	3 5:30am Pump- Talia <i>(Class is 45min)</i> 9:00am Pump- Bailey 9:00am SS-Aaron 10:15am SS-Aaron  6:00pm SPIN -Bailey	4 5:30am Spin - Talia  6:00p Yoga-Louise	5 5:30am Pump- Talia <i>(Class is 45min)</i> 9:00am Pump-Bailey 9:00am SS-Cathy 10:15am SS-Cathy	6 5:30am Spin & Sculpt - Talialia 9:00am Pilates- Bailey 10:15a SS-Cindy	7 5:30am Pump- Talia <i>(Class is 45min)</i> 9:00am SS- Aaron 10:15am SS- Aaron	8
9 <b>The FSZ would like to THANK YOU for your continued Support!</b>	10 5:30am Pump- Talia <i>(Class is 45min)</i> 9:00am Pump-Bailey 9:00am SS- Aaron 10:15am SS- Aaron  6:00pm SPIN -Bailey	11 5:30am Spin - Talia  6:00p Yoga-Louise	12 5:30am Pump- Talia <i>(Class is 45min)</i> 9:00am HIIT & Mobility- Bailey 9:00am SS- 10:15am SS-	13 5:30am Spin & Sculpt- Talialia 9:00 am Pilates- Bailey 10:15a SS-Cindy	14 5:30am Pump- Talia <i>(Class is 45min)</i> 9:00am SS-Aaron 10:15am SS-Aaron	15 <b>SILVER SNEAKERS</b>  <b>Must Pre-Register!</b> <b>M, W &amp; F</b> <b>9am &amp; 10:15am</b> <b>10:15a TH</b>
16	17 5:30am Pump- Talia <i>(Class is 45min)</i> 9:00am Pump-Bailey 9:00am SS-Aaron 10:15am SS-Aaron  6:00pm SPIN -Bailey	18 5:30am Spin - Talia  6:00p Yoga-Louise	19 5:30am Pump- Talia <i>(Class is 45min)</i> 9:00am Pump-Bailey 9:00am SS-Cathy 10:15am SS-Cathy	20 5:30am Spin & Sculpt- Talialia 9:00 am Pilates- Bailey 10:15a SS-Cindy	21 5:30am Pump- Talia <i>(Class is 45min)</i> 9:00am SS-Aaron 10:15am SS-Aaron	22
23	24 5:30am Pump- Talia <i>(Class is 45min)</i> 9:00am Pump-Bailey 9:00am SS-Aaron 10:15am SS-Aaron  6:00pm SPIN -Bailey	25 5:30am Spin - Talia  6:00p Yoga-Louise	26 5:30am Pump- Talia <i>(Class is 45min)</i> 9:00am HIIT & Mobility- Bailey 9:00am SS- 10:15am SS-	27 5:30am Spin & Sculpt- Talialia 9:00 am Pilates- Bailey 10:15a SS-Cindy	28 5:30am Pump- Talia <i>(Class is 45min)</i> 9:00am SS-Aaron 10:15am SS-Aaron	

**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.

**Spin & Sculpt**– A music based workout that will have every part of your body movin' and grovin' to the beat! Challenging tempo rides with a mix of hills, sprints and light weights! (All exercises will be performed on the bike. 45min Class)

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

**Spin** – 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/Dance Fitness**– 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!

**HIIT & Mobility**- This High Intensity Interval Training (HIIT) class includes an additional focus on mobility: quick, intense bursts of exercise are followed by short, sometimes active, recovery periods with stability centered movements.

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

# Class Spotlight

**LOOK FOR POP UP  
Group Fitness Specials!**

**Senior Fitness**

Classes will be

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

**Thursday 10:15a**

**PRE-REGISTRATION  
REQUIRED**

**NEW CLASS ALERT:**

**530a Spin & Sculpt - Thursdays!**

**6pm Spin– Mondays!**

Step out of your  
**COMFORT ZONE**

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

\*Group Fitness Cards expire 1 year of  
purchase

For more information:

Call 989-695-2000

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



**GROUP  
FITNESS  
CLASS  
SCHEDULE  
FEBRUARY  
2025**



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