

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



**GROUP
FITNESS
CLASS
SCHEDULE
JANUARY
2025**



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