

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Pre Registration IS REQUIRED for all Classes	2 5:30am Pump– Andrea (Class is 45min) 9:00am Pump– Amanda 9:00am SS-Cindy 10:15am SS-Cindy 6:00pm Zumba –Amanda	3 5:30am Spin - Talia 6:00p Yoga-Louise	4 5:30am Pump– Talia (Class is 45min) 9:00am Pilates– Jessica 9:00am SS-Cathy 10:15am SS-Cathy 6:00p Step– Kelly	5 9:00am Bootcamp – Talia 10:15a SS-Cindy FREE!! 6:00pm Zumba – Amanda	6 5:30am Pump– Talia (Class is 45min) 9:00am SS– Cindy 10:15am SS– Cindy	7
8 The FSZ would like to THANK YOU for your continued Support!	9 5:30am Pump– Talia (Class is 45min) 9:00am Pump-Amanda 9:00am SS-Cindy 10:15am SS-Cindy 6:00pm Zumba –Amanda	10 5:30am Spin - Talia 6:00p Yoga-Louise	11 5:30am Pump– Talia (Class is 45min) 9:00am Yoga– Jessica 9:00am SS-Cindy 10:15am SS-Cindy 6:00p Step– Kelly	12 9:00am Pump – Talia 10:15a SS-Cindy 6:00pm Zumba – Amanda	13 5:30am Pump– Talia (Class is 45min) 9:00am SS– Troy 10:15am SS– Troy	14 SILVER SNEAKERS Must Pre-Register! M, W & F 9am & 10:15am 10:15a TH
15	16 5:30am Pump– Talia (Class is 45min) 9:00am Pump-Amanda 9:00am SS-Cindy 10:15am SS-Cindy 6:00pm Zumba– Amanda	17 5:30am Spin - Talia 6:00p Yoga-Louise	18 5:30am Pump– Talia (Class is 45min) 9:00am Pilates– Jessica 9:00am SS-Cindy 10:15am SS-Cindy 6:00p Step– Kelly	19 9:00am Bootcamp – Talia 10:15a SS-Cindy 6:00pm Zumba – Amanda	20 5:30am Pump– Talia (Class is 45min) 9:00am SS– Troy 10:15am SS– Troy	21
22	23 5:30am Pump– Talia (Class is 45min) 9:00am Pump-Amanda 9:00am SS-Cindy 10:15am SS-Cindy 6:00pm Zumba– Amanda	24 5:30am Spin - Talia 6:00p Yoga-Louise	25 5:30am Pump– TBA (Class is 45min) 9:00am Yoga-Jessica 9:00am SS-Cathy 10:15am SS-Cathy 6:00p Step– Kelly	26 9:00am Bootcamp – Amanda 10:15a SS-Cindy 6:00pm Zumba – Amanda	27 5:30am Pump– TBA (Class is 45min) 9:00am SS– Troy 10:15am SS– Troy	28 All Classes are subject to cancellation (4pm) due to low participation numbers and are subject to change instructor, room or format if needed
29	30 5:30am Pump– TBA (Class is 45min) 9:00am Pump-Amanda 9:00am SS-Cindy 10:15am SS-Cindy 6:00pm Zumba– Amanda	31 5:30am NO SPIN 6:00p Yoga-Louise				

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:

6p Thursday Zumba

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 MARCH 2026



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