

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|--|--|--|--|--|--|
| March 2025 FSZ GROUP FITNESS | | | 1 | | | 1 All Classes are subject to cancellation (4pm) due to low participation numbers and are subject to change instructor, room or format if needed |
| 2 Pre Registration IS REQUIRED for all Classes | 3 5:30am Pump– Talia (Class is 45min) 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 (Class is 45min) 9:00am Pump–Bailey 9:00am SS–TBA 10:15am SS–TBA 6:00pm STEP– Kelly | 6 5:30am Spin & Sculpt – Talia 9:00am Pilates– Bailey 10:15a SS–Cindy | 7 5:30am Pump– Talia (Class is 45min) 9:00am SS– Aaron 10:15am SS– Aaron | 8 |
| 9 The FSZ would like to THANK YOU for your continued Support! | 10 5:30am Pump– Talia (Class is 45min) 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 (Class is 45min) 9:00am HIIT & Mobility– Bailey 9:00am SS– 10:15am SS– 6:00pm STEP– Kelly | 13 5:30am Spin & Sculpt– Talia 9:00 am Pilates– Bailey 10:15a SS–Cindy | 14 5:30am Pump– Talia (Class is 45min) 9:00am SS–Aaron 10:15am SS–Aaron | 15 SILVER SNEAKERS Must Pre-Register! M, W & F 9am & 10:15am 10:15a TH |
| 16 | 17 5:30am Pump– Talia (Class is 45min) 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 (Class is 45min) 9:00am Pump–Bailey 9:00am SS–Cathy 10:15am SS–Cathy 6:00pm STEP– Kelly | 20 5:30am Spin & Sculpt– Talia 9:00 am Pilates– Bailey 10:15a SS–Cindy | 21 5:30am Pump– Talia (Class is 45min) 9:00am SS–Aaron 10:15am SS–Aaron | 22 |
| 23 | 24 5:30am Pump– Talia (Class is 45min) 9:00am Pump–Bailey 9:00am SS–Aaron 10:15am SS–Aaron 6:00pm SPIN –Bailey | 25 5:30am NO Spin 6:00p Yoga-Louise | 26 5:30am Pump– Talia (Class is 45min) 9:00am HIIT & Mobility– Bailey 9:00am SS– Cathy 10:15am SS– Cathy 6:00pm STEP– Kelly | 27 5:30am NO Spin & Sculpt 9:00 am Pilates– Bailey 10:15a SS–TBA | 28 5:30am Pump– Talia (Class is 45min) 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.

STEP– This high energy, easy to follow workout combines classic step aerobics with upbeat music. It is perfect for all fitness levels and includes cardio, strength and flexibility. This class will get you moving, motivated and feeling GREAT!

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!

6pm Step-Wednesdays!

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!

REGISTER For CLASSES

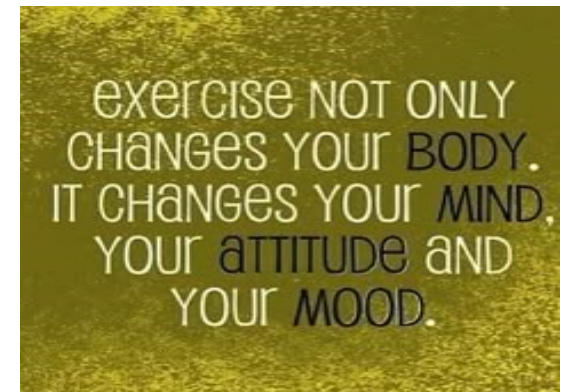
For more information:

Call 989-695-2000

www.freeland-sportszone.com



GROUP FITNESS CLASS SCHEDULE MARCH



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