

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
May 2025 FSZ GROUP FITNESS				1	2	3
				5:30am Spin & Sculpt – Talia 9:00am Pilates– Talia 10:15a SS-Cindy	5:30am Pump– Talia (Class is 45min) 9:00am SS– Aaron 10:15am SS– Aaron	All Classes are subject to cancellation (4pm) due to low participation numbers and are subject to change instructor, room or format if needed
4	5	6	7	8	9	10
Pre Registration IS REQUIRED for all Classes	5:30am Pump– Talia (Class is 45min) 9:00am Pump– Talia 9:00am SS-Aaron 10:15am SS-Aaron 6:00pm SPIN –Cancelled	5:30am Spin - Talia 6:00p Yoga-Louise	5:30am Pump– Talia (Class is 45min) 9:00am Pump-Talia 9:00am SS-Cathy 10:15am SS-Cathy 6:00pm STEP– Kelly	5:30am Spin & Sculpt – Talia 9:00 am Bootcamp– Aaron *APC Room 10:15a SS-Cindy	5:30am Pump– Talia (Class is 45min) 9:00am SS– Aaron 10:15am SS– Aaron	
11	12	13	14	15	16	17
The FSZ would like to THANK YOU for your continued Support!	5:30am Pump– Talia (Class is 45min) 9:00am Pump-Talia 9:00am SS– Aaron 10:15am SS– Aaron 6:00pm SPIN –Courtney	5:30am Spin - Talia 6:00p Yoga-Louise	5:30am Pump– Talia (Class is 45min) 9:00am Pump-Courtney 9:00am SS-Cathy 10:15am SS-Cathy 6:00pm STEP– Kelly	5:30am Spin & Sculpt– Talia 9:00 am Bootcamp– Aaron *APC Room 10:15a SS-Cathy	5:30am Pump– Talia (Class is 45min) 9:00am SS-Aaron 10:15am SS-Aaron	SILVER SNEAKERS Must Pre-Register! M,W & F 9am & 10:15am 10:15a TH
18	19	20	21	22	23	24
FSZ CLOSED- HAPPY EASTER!	5:30am Pump– Talia (Class is 45min) 9:00am Pump-Talia 9:00am SS-Cathy 10:15am SS-Cathy 6:00pm SPIN –Courtney	5:30am Spin - Talia 6:00p Yoga-Louise	5:30am Pump– Talia (Class is 45min) 9:00am Pump-Courtney 9:00am SS-TBA 10:15am SS-TBA 6:00pm STEP– Kelly	5:30am Spin & Sculpt– Talia 9:00 am Bootcamp– Aaron *APC Room 10:15a SS-Cindy	5:30am Pump– Talia (Class is 45min) 9:00am SS-Aaron 10:15am SS-Aaron	
25	26	27	28	29	30	31
	Memorial Day FSZ Hours 6-12p NO CLASSES	5:30am Spin –Talia 6:00p Yoga-Pat	5:30am Pump– Talia (Class is 45min) 9:00am Pump– Courtney 9:00am SS– Cathy 10:15am SS– Cathy 6:00pm STEP– Kelly	5:30am Spin & Sculpt– Talia 9:00 am Bootcamp– Aaron *APC Room 10:15a SS-Cindy	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.

BootCamp– Boot Camp combines the best of cardiovascular and strength training. Expect to challenge your mind and body as you alternate between high and low intensity exercises through timed intervals of free weights, plyometrics, cardio training & balance work.

****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**

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

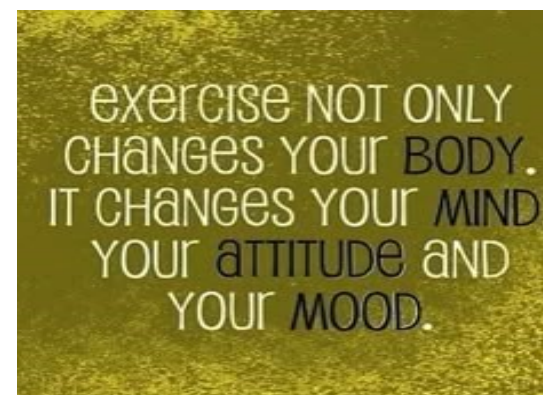
For more information:

Call 989-695-2000

www.freeland-sportszone.com



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