

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>May 2024 FSZ GROUP FITNESS</b>			1 5:30am Pump- Talia (Class is 45min) 9:00am Dance Fitness- Bailey 9:00am SS-Nathan 10:15am SS-Nathan	2 5:30am Spinning -Talia  9:00am Pilates- Bailey  10:15a SS-Nathan	3 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  <b>Pre Registration IS REQUIRED for all Classes</b>	6 5:30am Pump- Talia (Class is 45min)  9:00am Pump-Bailey  9:00am SS-Aaron 10:15am SS-Aaron	7 5:30am Spinning - Talia   6:00p Yoga-Loiuse	8 5:30am Pump- Talia (Class is 45min) 9:00am Pump-Bailey 9:00am SS-Cathy 10:15am SS-Cathy  6:30pm Zumba-Katie	9 5:30am Spinning -Talia  9:00am Pilates- Bailey  10:15a SS-Nathan	10 5:30am Pump- Talia (Class is 45min)  9:00am SS-Aaron 10:15am SS-Aaron	11
12  <b>The FSZ would like to THANK YOU for your continued Support!</b>	13 5:30am Pump- Talia (Class is 45min)  9:00am Pump-Bailey  9:00am SS-Aaron 10:15am SS-Aaron	14 5:30am Spinning - Talia   6:00p Yoga-Pat	15 5:30am Pump- Talia (Class is 45min) 9:00am HIIT & Mobility- Bailey 9:00am SS-Cathy 10:15am SS-Cathy	16 5:30am Spinning- Talia  9:00 am Pilates- Bailey  10:15a SS-Nathan	17 5:30am Pump- Talia (Class is 45min)  9:00am SS-Aaron 10:15am SS-Aaron	18  <b>SILVER SNEAKERS</b>  <b>Must Pre-Register! M, W &amp; F 9am &amp; 10:15am 10:15a TH</b>
19	20 5:30am Pump- Talia (Class is 45min)  9:00am Pump-Bailey  9:00am SS-Aaron 10:15am SS-Aaron  6:30pm Zumba-Katie	21 5:30am Spinning - Talia   6:00p Yoga-Pat  6:30pm Zumba Toning - AIMEE	22 5:30am Pump- Talia (Class is 45min) 9:00am Pump-Bailey  9:00am SS-Cathy 10:15am SS-Cathy	23 5:30am Spinning- Talia  9:00 am Pilates- Talia  10:15a SS-Nathan	24 5:30am Pump- Talia (Class is 45min)  9:00am SS-Aaron 10:15am SS-Aaron	25
26	27  <b>6a-12p No Classes</b>	28 5:30am Spinning - Talia   6:00p Yoga-Louise	29 5:30am Pump- Talia (Class is 45min) 9:00am HIIT & Mobility- Bailey  9:00am SS-Cathy 10:15am SS-Cathy  6:30pm Zumba-Katie	30 5:30am Spinning- Talia  9:00 am Pilates- Bailey  10:15a SS-Nathan	31 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.

**30/30**- A challenging workout that entails 30m of Spinning and 30m of Strength Training (off the bike) This workout is for everyone, even if Spinning isn't your preferred cup of tea!

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

**Spinning Classes** – 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!

**PPL Strength**- PUSH PULL LEGS! One of the most popular workouts. Focus on training specific muscle groups together helping gain a higher strength performance and muscle recovery!

**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**

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  
MAY  
2024**



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