

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
November 2024 FSZ GROUP FITNESS					1	2
					5:30am Pump- Talia <i>(Class is 45min)</i> 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
3	4	5	6	7	8	9
Pre Registration IS REQUIRED for all Classes	5:30am Pump- Talia <i>(Class is 45min)</i> 9:00am Pump- Bailey 9:00am SS-Aaron 10:15am SS-Aaron	5:30am Spinning - Talia 6:00p Yoga-Louise	5:30am Pump- Talia <i>(Class is 45min)</i> 9:00am Pump-Bailey 9:00am SS-Cathy 10:15am SS-Cathy	5:30am Spinning -Talia 9:00am Pilates- Bailey 10:15a SS-Cindy	5:30am Pump- Talia <i>(Class is 45min)</i> 9:00am SS- Aaron 10:15am SS- Aaron	
10	11	12	13	14	15	16
The FSZ would like to THANK YOU for your continued Support!	5:30am Pump- Talia <i>(Class is 45min)</i> 9:00am Pump-Bailey 9:00am SS- Aaron 10:15am SS- Aaron	5:30am Spinning - Talia 6:00p Yoga-Louise	5:30am Pump- Talia <i>(Class is 45min)</i> 9:00am HIIT & Mobility- Bailey 9:00am SS-Cathy 10:15am SS-Cathy	5:30am Spinning- Talia 9:00 am Pilates- Bailey 10:15a SS-Cindy	5:30am Pump- Talia <i>(Class is 45min)</i> 9:00am SS-Aaron 10:15am SS-Aaron	SILVER SNEAKERS Must Pre-Register! M, W & F 9am & 10:15am 10:15a TH
17	18	19	20	21	22	23
	5:30am Pump- Talia <i>(Class is 45min)</i> 9:00am Pump-Bailey 9:00am SS-Aaron 10:15am SS-Aaron	5:30am Spinning - Talia 6:00p Yoga-TBA	5:30am Pump- Talia <i>(Class is 45min)</i> 9:00am Pump-Bailey 9:00am SS-Cathy 10:15am SS-Cathy	5:30am Spinning- Talia 9:00 am Pilates- Bailey 10:15a SS-Cindy	5:30am Pump- Talia <i>(Class is 45min)</i> 9:00am SS-Aaron 10:15am SS-Aaron	
24	25	26	27	28	29	30
	5:30am Pump- Talia <i>(Class is 45min)</i> 9:00am Pump-Bailey 9:00am SS-Aaron 10:15am SS-Aaron	5:30am Spinning - Talia 6:00p Yoga-Louise	5:30am Pump- Talia <i>(Class is 45min)</i> 9:00am Pump-Bailey 9:00am SS-Cathy 10:15am SS-Cathy	HAPPY THANKSGIVING 6a-12p	9:00am SS-Cindy 10:15am SS-Cindy	

**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



**GROUP
FITNESS
CLASS
SCHEDULE
NOVEMBER
2024**



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