Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
PRE-REGISTRATION IS REQUIRED FOR ALL CLASSES!	28 5:30a Pump - Talia (Class is 45 min.) 9:00a Pump - Talia 9:00a SS - Cathy 10:15a SS - Cathy 6:30p Zumba - Amanda	29 5:30a Spin - Talia HITT Ride 9:00a SS - Hailey	30 5:30a Pump - Talia (Class is 45 min.) 9:00a Pilates - Mia 9:00a SS - Cathy 10:15a SS - Cathy	1 9:00a Bootcamp - Katherine 6:30p Zumba - Amanda	2 5:30a Pump - Talia (Class is 45 min.) 9:00a SS - Hailey 10:15a SS - Hailey	3 **The FSZ would like to THANK YOU for your continued support!**
4 **Silver Sneakers must pre-register!** As soon as the day before or on Friday for Monday classes.	5 5:30a Pump - Talia (Class is 45 min.) 9:00a Pump - Talia 9:00a SS - Cindy 10:15a SS - Cindy 6:30p Zumba - Amanda	6 5:30a Spin - Talia HITT Ride 9:00a SS - Hailey	7 5:30a Pump - Talia (Class is 45 min.) 9:00a Pilates - Mia 9:00a SS - Cathy 10:15a SS - Cathy	8 9:00a Bootcamp - Katherine 6:30p Zumba - Amanda	9 5:30a Pump - Talia (Class is 45 min.) 9:00a SS - Hailey 10:15a SS - Hailey	10
11	12 5:30a Pump - Talia (Class is 45 min.) 9:00a Pump - Talia 9:00a SS - Cathy 10:15a SS - Cathy 6:30p Zumba - Amanda	13 5:30a Spin - Talia SPIN N SCULPT 9:00a SS - Hailey	14 5:30a Pump - Talia (Class is 45 min.) 9:00a Pilates - Mia 9:00a SS - Cathy 10:15a SS - Cathy	15 6:30p Zumba - Amanda	16 5:30a Pump - Talia (Class is 45 min.) 9:00a SS - Hailey 10:15a SS - Hailey	**All classes are subject to cancellation (4pm) due to low participation numbers and are subject to change instructor, room or format if needed.**
18	19 5:30a Pump - Talia (Class is 45 min.) 9:00a Pump - Talia 9:00a SS - Cathy 10:15a SS - Cathy 6:30p Zumba - Amanda	20 5:30a Spin - Talia Rock N Roll 9:00a SS - Hailey	21 5:30a Pump - Talia (Class is 45 min.) 9:00a Pilates - Mia 9:00a SS - Cathy 10:15a SS - Cathy	22 9:00a Bootcamp - Katherine 6:30p Zumba - Amanda	23 5:30a Pump - Talia (Class is 45 min.) 9:00a SS - Hailey 10:15a SS - Hailey	24
25	26 5:30a Pump - Talia (Class is 45 min.) 9:00a Pump - Talia 9:00a SS - Cathy 10:15a SS - Cathy 6:30p Zumba - Amanda	27 5:30a Spin - Talia Instructor's Choice! 9:00a SS - Hailey	28 5:30a Pump - Talia (Class is 45 min.) 9:00a Pilates - Mia 9:00a SS - Cathy 10:15a SS - Cathy	29 9:00a Bootcamp - Katherine 6:30p Zumba - Amanda	30 5:30a Pump - Talia (Class is 45 min.) 9:00a SS - Hailey 10:15a SS - Hailey	31

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 temp rides with a mix of hills, sprints, and light weights! *All exercises will be performed on the bike. 45 min. 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. *45 min. unless otherwise stated.

Yoga: A class designed to improve the health, performance, and mental acuity of athletes or individuals interested in improving their level of fitness.

Zumba: 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.

*Instructor styles will vary!

Get your BOO-ty movin'!

Treat yourself to a great workout!

Pricing

Drop-in (1 class):
- Member: $6
- Nonmember: $8

Punchcard (10 classes):
- Member: $50
- Nonmember: $70

Silver Sneakers:
- $3 drop-in
- $25 punchcard for 10 classes

Group fitness punch cards expire 1 year after purchase.

Senior Fitness classes will be
M, W & F @ 9:00am & 10:15am
Tuesdays @ 9:00am
PRE-REGISTRATION REQUIRED

Website:

For more information:
Call (989)695-2000
www.freeland-sportszone.com

FREELAND SPORTSZONE

Group Fitness Class Schedule October 2026

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