

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
September 2022 FSZ GROUP FITNESS	BOOTCAMP RETURNS! AM Session 9/12-10/21 PM Session 9/19-10/27 REGISTER TODAY!		SILVER SNEAKERS Classes are BACK! Must Pre-Register! M, W & F 9am & 10:15am	¹ 5:15am Spinning – Talia 9:00am Pilates– Katherine	² 9:00am SS-Aaron 10:15am SS-Aaron	³ The FSZ would like to THANK YOU for your continued Support!
Pre Registration IS REQUIRED for all Classes	⁵ FSZ is Open 6a-12p	⁶ 5:15am Spinning - Talia 6:00pm Pump-Erica	⁷ 5:30am Pump– Talia (Class is 45min) 9:00am Spinning- Katherine 9:00am SS-Everett 10:15am SS-Everett 6:00pm Yoga-Cindy 6:30pm Zumba-Katie	⁸ 5:15am Spinning – Talia 9:00am Pilates– Katherine	⁹ 9:00am SS-Aaron 10:15am SS-Aaron	¹⁰ 9:00am Power Mix - Tonya Must Pre-Register ARTS IN THE PARK! 1-7p Hayes Park
¹¹	¹² 515a Bootcamp Begins! 8:30am Cardio Pump–Katherine 9:00am SS-Aaron 10:15am SS-Aaron 6:30pm Zumba T.– Aimee	¹³ 5:15am Spinning - Talia 6:00pm Pump– Erica	¹⁴ 5:30am Pump– Talia (Class is 45min) 9:00am Spinning- Katherine 9:00am SS-Everett 10:15am SS-Everett 6:00pm Yoga-Cindy 6:30pm Zumba-Katie	¹⁵ 5:15am Spinning– Talia 9:00am Pilates– Katherine	¹⁶ 9:00am SS-Aaron 10:15am SS-Aaron	¹⁷
¹⁸ SUNDAY SPIN! 9:00am Talia Must Pre-Register	¹⁹ 8:30am Cardio Pump–Katherine 9:00am SS-Aaron 10:15am SS-Aaron 6:30pm Zumba T.– Aimee 6pm Bootcamp Begins!	²⁰ 5:15am Spinning - Talia 6:00pm Pump-Erica	²¹ 5:30am Pump– Talia (Class is 45min) 9:00am Spinning- Katherine 9:00am SS-Everett 10:15am SS-Everett 6:00pm Yoga-Cindy 6:30pm Zumba-Katie	²² 5:15am Spinning – Talia 9:00am Pilates– Katherine	²³ 9:00am SS-Aaron 10:15am SS-Aaron	²⁴ 9:00am Power Mix - Tonya Must Pre-Register
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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.

Cardio Pump- A challenging workout using weights and cardio bursts to increase muscular strength and endurance. You will be sure to get stronger with this class as well as get your sweat on!

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- 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 STYLE'S WILL VARY**

Class Spotlight



SUMMER IS HERE!

Senior Fitness

Classes will be

M, W & F @ 9am & 10:15am

Step out of your

COMFORT ZONE

And try a class you normally
wouldn't attend! You might enjoy it.

BOOTCAMP!

REGISTER TODAY!

Sept. 12th-Oct. 21st

M,W,F 515a-615a w Aaron

Sept. 19th-Oct. 27th

M,W,TH 6p-7p w Erica

For more information:

Call 989-695-2000

www.freeland-sportszone.com

GROUP FITNESS CLASS SCHEDULE SEPTEMBER 2022



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