



LAND FITNESS SCHEDULE

May 13 - August 31, 2018

Modified Schedule on: May 28, June 16 & July 4. 8am Bootcamp ONLY



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
YogaFit 8am Aerobics - Natalie	Circuit Training 5:45am Aerobics - Chris	Boot Camp 5:45am Aerobics -Chris	*W Cycle 5:45am Aerobics - Debra	Cardio Pump 5:45am Aerobics - Kathy B	Total Body Fit 5:45am Aerobics - Lu	Total Body Fit 8am Aerobics - Chris	Recommended classes specifically for Baby Boomers (BB) or Seniors (SEN) are not limited to those populations. AGE REQUIREMENTS: Ages 14-17 may participate in Group Fitness classes after completing a fitness orientation and having a parent complete a consent form. Ages 12-13 may participate in group fitness class if a parent is present and actively participating in class. LAND FITNESS CLASSES are 55 minutes unless otherwise noted. A current Summit membership, punch card or daily pass is required to participate. Classes have limited space and are reserved on a first come, first served basis. Participants over 10 minutes tardy will not be permitted to enter class The Summit reserves the right to cancel any class. INCLEMENT WEATHER POLICY: If Plymouth/Canton School District closes due to weather, classes before 4pm will be canceled. For classes after 4pm, a decision will be made by 2pm. \$ BOLD CLASSES: Require registration or an additional class drop-in fee of \$10M/\$11R/\$12NR. Drop in available for remaining spaces. Register online or at the Summit front desk. *W: WRISTBAND REQUIRED CLASSES: Limited in space/equipment. Wristband must be obtained from front desk starting one hour prior to class.	
	*W Drumming Fit 9am Aerobics - Janis		*W BEST 9am Maple -Dede	PiYo 9:15am Aerobics - Janis				*W Sit, Stand, Move, Groove 8am Maple - Dede
	*W Yoga 9am Maple-Natalie	Prenatal/Postpartum 9:15am Aerobics - Dana	*W BEST 9:15am Maple - Dana	Body Weight Bootcamp 9am Aerobics - Janis				Zumba 9:15am Gym - Summer
\$ Prenatal/Postpartum Yoga 9am Arts II - Natalie	\$ Prenatal/Postpartum Strength 10am Amphitheater - Joe	Plyo Sculpt 9:15am Aerobics - Dana	Zumba 9:15am Gym - Crystal	*W Cardio & Core 9am Maple - Dede	Zumba 9:15am Gym - Summer	Zumba 9am Gym - Summer		
	20 minute HIIT 10:15am Aerobics - Janis		70 min Power Yoga 10:15am Aerobics - Sandra	\$ Int. Yoga 9:30am Admin Bldg - Natalie				\$ Gentle Yoga 9:30am Admin Bldg - Natalie
Cardio Pump 9:15am Aerobics - Rotation	*W Arthritis Land 10:30am Maple - Liz	\$ Fit 4 Life 10:30am Maple - Dana	*W Arthritis Land 10:30am Maple - Dana	\$ Yin Yoga 10:30am Admin Bldg - Natalie	*W Yoga 9:15am Maple - Sandra	Interval Step & Sculpt 9am Aerobics - Kathy F		
	*W 30 minute Cycle 10:40am Aerobics - Janis		\$ Beginner Yoga 10:30am Admin Bldg - Natalie	Total Body Fit 10:30am Aerobics - Janis	\$ TRX FIT 9:15am Aerobics - Kathy			
\$ Beginner Yoga 10am Arts II - Natalie	Strength & Core 11:30am Aerobics - Dede	Zumba 6pm Aerobics - Valencia	Zumba Gold w/ Toning 10:30am Aerobics - Dede	*W Functional Yoga 10:30am Maple - Dana		Strength & Core 10:30am Aerobics - Valencia		*W Drumming Fit 10am Aerobics - Janis
	*W BEST 11:30am Maple - Dana	\$ Beginner Yoga 6pm Maple - Yanying	*W Gentle Flow 5:30pm Maple - Peggy	\$ MELT 11:45am Aerobics - Liz				
Kettlebell AMPD 10:30am Aerobics - Julie K	Zumba Gold 12:30pm Aerobics - Dede	Yoga 7pm Aerobics - Yanying	20 min HIIT 5:30pm Aerobics - Kathy	\$ TRX Fit 5:30pm Aerobics - Kathy F	Fit 4 Life 10:30am Maple - Dana	\$ TRX Fusion 11:15am Aerobics - Deb		
	\$ Tai Chi Int. 1pm Maple - Julie B			Interval Step & Sculpt 6pm Aerobics - Kathy F			\$ Beginner Yoga 6:30pm Maple - Yanying	
Zumba 11:30am Aerobics - Sarah	\$ Lifting Ladies 5:30pm Aerobics - Dana	\$ Intermediate Yoga 7pm Maple - Joe	\$ Cardio Cycle & Str. 7pm Aerobics - Kathy F	Zumba 7pm Aerobics - Dede	Zumba 6pm Aerobics - Julie K			
	Interval Step & Sculpt 7pm Aerobics - Kathy F	Pilates Fusion 8pm Aerobics - Yanying		20 min HIIT 8pm Aerobics - Debra				
	Zumba 8pm Aerobics - Dede			*W 30 min Cycle 8:30pm Aerobics - Debra				

Color Fitness Class Level KEY
 BEGINNER Level
 BEGINNER to INTERMEDIATE level
 INTERMEDIATE level
 INTERMEDIATE to ADVANCED level
 ALL-LEVELS

Revised: 5/24/18