



LAND FITNESS SCHEDULE

May 2 - May 29, 2021



PLEASE NOTE:

- Registration required for each classes
- A valid Summit Membership or Punch Card is required for indoor and outdoor classes
- Non-members may only register for outdoor classes

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Yoga 9am-9:55am Aerobics - Natalie	Cardio Drumming 9am-9:55am Community Courtyard Lu	Strictly Strength 6:15am-7:10am Community Courtyard Chris	Yoga 9am-9:55am Amphitheater - Natalie	Strictly Strength 6:15am-7:10am Community Courtyard Chris	Cycle 8am-8:55am Dance B - Lu	Interval Training 8am-8:55am Community Courtyard - Chris *Class on 5/15 at Amphitheater*	<p align="center">SPRING INTO SUMMER FITNESS</p> <p>Summit members will have complete access to all group fitness classes free of charge as part of their current Summit membership. Non-members may take outdoor fitness classes for \$5/class</p> <p>Land Fitness Classes are 55 minutes unless otherwise noted. A current Summit membership, punch card or daily pass is required to participate.</p> <p>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.</p> <p>The Summit reserves the right to cancel any class.</p> <p>Weather Policy: Classes may be cancelled at any time due to incimate weather. Classes will receive a text notification of cancellation up to 1 hour prior to class time. Refunds will be given if the class is cancelled prior to the class start time.</p> <p>Color Fitness Class Level KEY</p> <ul style="list-style-type: none"> BEGINNER Level BEGINNER to INTERMEDIATE level INTERMEDIATE level INTERMEDIATE to ADVANCED level ALL-LEVELS
	Total Body 10:15am-11:10am Community Courtyard Marina	Interval Training 9am-9:55am Community Courtyard Dana	Zumba 9:15am-10:10am Aerobics - Heidi	Interval Training 9am-9:55am Aerobics - Dana			
Total Body 10:15am-11:10am Aerobics - Joe	Athritis Land 10:30am-11:25am Aerobics - Peggy	BEST 10:30am-11:25am Community Courtyard Dede	Athritis Land 10:30am-11:25am Community Courtyard Peggy	BEST 10:15am-11:10pm Aerobics - Dana			
	Yoga 5:30pm-6:25pm Amphitheater - Sandy	30 Min Meditation 11:30am-12pm Aerobics Dana	Zumba Gold 11am-11:55am Aerobics - Dede	Chair Yoga 12:30pm-1:25pm Aerobics - Peggy	Yoga 10:15am-11:10am Amphitheater - Sandy		
Zumba 11:30am-12:25pm Community Courtyard Sarah	Kickboxing 6pm-6:55pm Community Courtyard Valencia	Total Body 5:30pm-6:25pm Community Courtyard Kathy	Interval Training 6pm-6:55pm Community Courtyard Kathy	Strictly Strength 5pm-5:55pm Community Courtyard Valencia			
	Strength & Stretch 6:45pm-7:40pm Aerobics - Dede	Zumba 6:45pm-7:40pm Aerobics - Crystal	Yoga 6pm-6:55pm Aerobics - Yanying	Circuit Training 6:15pm-7:10pm Community Courtyard Deb	POP Pilates 6pm-6:55pm Community Courtyard Alex		
			Pilates Fusion 7pm-7:55pm Aerobics - Yanying	Zumba 7:15pm-8:10pm Community Courtyard Dede			
						Yoga 10:30am-11:25am Aerobics - Sandy	

Revised: 4/27/21

Land Fitness Class Descriptions

BEGINNER Level: These classes are suitable for individuals who have not been active for some time featuring lower intensity with simple choreography.

30 Minute Meditation: Take a moment out of your day to relax and meditate. Re-align your mind in this 30 minute class and center yourself.

Arthritis Land (BB, SEN): This Arthritis Foundation program is designed specifically for people with arthritis and related conditions. Gentle activities are performed to increase joint flexibility and range of motion.

B.E.S.T. of Health (BB, SEN): This class will get you into your BEST of Health. You will focus on Balance, Endurance, Strength, and Toning.

Chair Yoga: Increase strength, flexibility, stability, range of motion, circulation and promote healing with functional yoga. Learn therapeutic practices that create balance along with a mind-body connection.

Zumba Gold: Take the fun of Zumba and modify the moves and pace to suit the needs of active older adults and beginning fitness enthusiasts. With toning provides strength training!

BEGINNER to INTERMEDIATE Level:

Yoga: Focuses on stretching postures that help the body become flexible and firm using meditation poses to help reduce stress and tension, as well as increase vitality, improve circulation, and tone the body.

INTERMEDIATE Level: Try these if you have been actively participating in a fitness program for at least 4 months with few or no physical limitations. Includes activities with moderate-to-high levels of aerobic activity.

Circuit Training: Strength training and cardio come together in a time efficient workout. Move through timed stations to keep your body moving while improving your tone and strengthening all major muscle groups.

Kickboxing: Dynamic and explosive class that incorporates kickboxing techniques with an intense cardio workout. Increase your aerobic capacity, learn conditioning drills that improve your strength, agility and quickness.

POP Pilates: POP Pilates®: is where strength meets flexibility. Think highly-focused movements that leave your body toned and transformed. This isn't your average workout. It's a dance on the mat.

Strength & Stretch: This class will encompass high intensity weight lifting followed by a long duration cool down stretching format to help your muscles recover.

Strictly Strength: Focus on building strength in various muscle groups through weight lifting techniques.

INTERMEDIATE to ADVANCED Level:

Cycle: Build endurance, strengthen your core and tone your muscles with cycling. Ride your way through rolling hills, steep climbs, false flats, sprints, and much more! Cycle & Strength will also incorporate strength training & core exercises.

Interval Training: This technique alternates intense bursts of energy for a short interval, followed by an active recovery period. This class will torch calories and keep the burn going throughout the day.

Pilates Fusion: Includes primarily mat exercises which focus on developing core strength, stability and flexibility. Create a strong lean body whether you are just starting out or reaching advanced levels of exercise.

ALL- LEVELS: These classes offer many options to make the workout your own! Instructors provide a series of modifications to suit a variety of levels.

Cardio Drumming: Get a total body workout while fueling your inner rockstar! Move to the beat and drum off calories.

Total Body Fit: Enjoy a complete workout from your legs to your heart! Train your heart with high energy cardio exercises, followed by muscle fueling weight training! Get a total body workout with just one class!

Zumba (BB): High-energy class that uses a fusion of Latin and International music to create a dynamic, exciting, effective fitness program.

LAND FITNESS:

- Pre-registration required for each class.
- Summit members will have complete access to all indoor and outdoor group fitness classes free of charge as part of their current Summit membership. A current Summit membership or Punch Card is required for indoor and outdoor classes.
- Non-members may only register for outdoor classes
- Face masks are REQUIRED at all times for indoor classes
- For outdoor classes, face masks are REQUIRED for check-in and check-out. Social distancing guideline must be adhered to at all times.

**SUMMIT
ON THE PARK
HEALTH
WELLNESS
& FITNESS**

46000 Summit Parkway
Canton, MI 48188
734/394-5460

www.summitonthepark.org