



LAND FITNESS SCHEDULE

September 1 - December 15, 2018

Modified Schedule: September 3-8 (Shutdown Classes)

Thursday, November 22, 8am Specialty Class in Aerobics Studio 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 | Yoga 5:45am Aerobics - Yanying | 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. \$: 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 Cycle 8am Aerobics - Lu | | |
| | *W Yoga 9am Maple-Natalie | Plyo Sculpt 9:15am Aerobics - Dana | *W BEST 9:15am Maple - Dana | Bootcamp 9am Aerobics - Janis | \$ Fall Prevention 9am Dance C - Heidi | | |
| \$ Prenatal/Postpartum Yoga 9am Arts II - Natalie | 20 minute HIIT 10:15am Aerobics - Janis | \$ Barre 9:15am Dance B - Liz | Zumba 9:15am Gym - Crystal | *W Cardio & Core 9am Maple - Dede | Zumba 9:15am Gym - Summer | Zumba 9am Gym - Summer | |
| | *W Arthritis Land 10:30am Maple - Liz | 70 min Power Yoga 10:15am Aerobics - Sandra | \$ Int. Yoga 9:30am Dance B - Natalie | \$ Gentle Yoga 9:30am Dance B - Natalie | *W Yoga 9:15am Maple - Sandra | | |
| Cardio Pump 9:15am Aerobics - Rotation | *W 30 minute Cycle 10:40am Aerobics - Janis | \$ Fit 4 Life 10:30am Maple - Dana | *W Arthritis Land 10:30am Maple - Dana | \$ Yin Yoga 10:30am Dance B - Natalie | \$ TRX FIT 9:15am Aerobics - Kathy | Interval Step & Sculpt 9am Aerobics - Kathy F | |
| | Strength & Core 11:30am Aerobics - Dede | \$ Man Power 12pm Aerobics - Tom | \$ Beginner Yoga 10:30am Dance B - Natalie | *W Functional Yoga 10:30am Maple - Dana | *W Chair Zumba (30 min) 9:45am Dance B -Dede | | |
| \$ Beginner Yoga 10am Arts II - Natalie | *W BEST 11:30am Maple - Dana | \$ Zumba Kids Jr. (30 Min) 4:30pm Aerobics - Crystal | Zumba Gold w/ Toning 10:30am Aerobics - Dede | \$ MELT 11:45am Aerobics - Liz | Strength & Core 10:30am Aerobics - Valencia | *W Drumming Fit 10am Aerobics - Janis | |
| | Zumba Gold 12:30pm Aerobics - Dede | \$ Zumba Kids (45Min) 5pm Aerobics - Crystal | \$ Man Power 4pm Aerobics - Tom | \$ Tai Chi 1pm Maple - Julie | | | |
| Kettlebell AMPD 10:30am Aerobics - Julie K | \$ Tai Chi Int. 1pm Maple - Julie B | Zumba 6pm Aerobics - Valencia | \$ Aerial Yoga 5pm Aerobics - Peggy | \$ Zumba Kids (45 min) 4pm Aerobics - Summer | \$ Parent Child Zumba (30 Minutes) 10:30am Dance C - Summer | TRX Fusion 11:15am Aerobics - Deb | |
| | \$ Lifting Ladies 5:30pm Aerobics - Dana | \$ Beginner Yoga 6pm Maple - Yanying | *W Gentle Flow Yoga 6pm Maple - Peggy | \$ TRX Fit 5:45pm Aerobics - Kathy F | \$ Fit 4 Life 10:30am Maple - Dana | | |
| Zumba 11:30am Aerobics - Sarah | \$ Runners Meet Up 6pm Heritage Park - Tom | Yoga 7pm Aerobics - Yanying | Interval Step & Sculpt 6pm Aerobics - Kathy F | \$ Beginner Yoga 6:30pm Maple - Yanying | Zumba 6pm Aerobics - Julie K | | |
| | Interval Step & Sculpt 7pm Aerobics - Kathy F | \$ Spartan Strong 7pm Gym - Chris | \$ Cardio Cycle & Str. 7pm Aerobics - Kathy F | Circuit Training 8pm Aerobics - Debra | | | |
| | Zumba 8pm Aerobics - Dede | \$ Intermediate Yoga 7pm Maple - Sandra | Pilates Fusion 8pm Aerobics - Yanying | | | | |

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

Revised: 8/29/18