



LAND FITNESS SCHEDULE

January 6 - March 30, 2019



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 -Chris	Cardio Pump 5:45am Aerobics - Kathy B	*W Cycle 8am Aerobics - Lu	Total Body Fit 8am Aerobics - Chris	<p>Recommended classes specifically for Baby Boomers (BB) or Seniors (SEN) are not limited to those populations.</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>LAND FITNESS CLASSES are 55 minutes unless otherwise noted. A current Summit membership, punch card or daily pass is required to participate.</p> <p>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</p> <p>The Summit reserves the right to cancel any class.</p> <p>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.</p> <p>Ⓢ: 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.</p> <p>*W: WRISTBAND REQUIRED CLASSES: Limited in space/equipment. Wristband must be obtained from front desk starting one hour prior to class.</p>
	Drumming Fit 9am Aerobics - Janis	*W BEST 9am Maple -Dede	PiYo 9:15am Aerobics - Janis	*W Sit, Stand, Move, Groove 8am Maple - Dede	Zumba 9:15am Gym - Summer		
Ⓢ Prenatal/Postpartum Yoga 9am Arts II - Natalie	*W Yoga 9am Maple-Natalie	Plyo Sculpt 9:15am Aerobics - Dana	*W BEST 9:15am Maple - Dana	Bootcamp 9am Aerobics - Janis	*W Yoga 9:15am Maple - Sandra	Zumba 9am Gym - Summer	
	Stretch & Flexibility (45 min) 10:15am Dance B - Natalie	Ⓢ Barre 9:15am Dance B - Liz	Zumba 9:15am Gym - Crystal	*W Cardio & Core 9am Maple - Dede			
Cardio Pump 9:15am Aerobics - Rotation	20 minute HIIT 10:15am Aerobics - Janis	70 min Power Yoga 10:15am Aerobics - Sandra	Ⓢ Int. Yoga 9:30am Dance C - Natalie	Ⓢ Gentle Yoga 9:30am Dance B - Natalie	Ⓢ TRX FIT 9:15am Aerobics - Kathy	Interval Step & Sculpt 9am Aerobics - Kathy F	
	*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 Dance B - Natalie			
Ⓢ Beginner Yoga 10am Arts II - Natalie	30 minute Cycle 10:40am Aerobics - Janis	Zumba Kids Jr. (30 Min) 4:30pm Aerobics - Crystal	Ⓢ Beginner Yoga 10:30am Dance C - Natalie	*W Functional Yoga 10:30am Maple - Dana	Strength & Core 10:30am Aerobics - Valencia	Drumming Fit 10am Aerobics - Janis	
	Zumba 11:30am Aerobics - Dede	Zumba Kids (45Min) 5pm Aerobics - Crystal	Zumba Gold w/ Toning 10:30am Aerobics - Dede	Ⓢ MELT 11:45am Aerobics - Liz			
Kettlebell AMPD 10:30am Aerobics - Julie K	*W BEST 11:30am Maple - Dana	Zumba 6pm Aerobics - Valencia	*W Chair Zumba (30 min) 12:30pm Maple -Dede	Ⓢ Zumba Kids (45 min) 4pm Aerobics - Summer	Ⓢ Parent Child Zumba (30 Minutes) 10:30am Dance C - Summer	Ⓢ Fit 4 Life 10:30am Maple - Dana	
	Ⓢ Lifting Ladies 5:30pm Aerobics - Dana	Ⓢ Beginner Yoga 6pm Maple - Yanying	Ⓢ Aerial Yoga 5pm Aerobics - Yanying	Ⓢ TRX Fit 5:45pm Aerobics - Kathy F			
Zumba 11:30am Aerobics - Sarah	Interval Step & Sculpt 7pm Aerobics - Kathy F	Ⓢ Spartan Strong 7pm Gym - Chris	*W Beginner Vinyasa 5:30 pm Maple - Peggy	Ⓢ Beginner Yoga 6:30pm Maple - Yanying	Zumba 6pm Aerobics - Julie K	TRX Fusion 11:15am Aerobics - Deb	
	Strength & Stretch (45 Min) 8:30pm Aerobics - Dede	Ⓢ Intermediate Yoga 7pm Maple - Sandra	Interval Step & Sculpt 6pm Aerobics - Kathy F	Ⓢ Cardio Cycle & Str. 7pm Aerobics - Kathy F			
		Pilates Fusion 8pm Aerobics - Yanying	Ⓢ Cardio Cycle & Str. 7pm Aerobics - Kathy F	Circuit Training 8pm Aerobics - Debra			

Color Fitness Class Level KEY

- BEGINNER Level
- BEGINNER to INTERMEDIATE level
- INTERMEDIATE level
- INTERMEDIATE to ADVANCED level
- ALL-LEVELS

Revised: 12/27/18