



LAND FITNESS SCHEDULE

May 12 - August 31, 2019

May 15: Aerobics Studio & Admin Classes ONLY
 May 27, June 15, and July 4: 8am Class 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 -Chris	Cardio Pump 5:45am Aerobics - Deb	*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> <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
\$ Prenatal/Postpartum Yoga 9am Arts II - Natalie	*W Yoga 9am Maple-Natalie	*W BEST 9am Maple -Dede	PiYo 9:15am Aerobics - Janis	*W Sit, Stand, Move, Groove 8am Maple - Dede	Zumba 9:15am Gym - Summer		
	20 minute HIIT 10:15am Aerobics - Janis	70 min Power Yoga 10:15am Aerobics - Sandra	*W BEST 9:15am Maple - Dana	Bootcamp 9am Aerobics - Janis	*W Yoga 9:15am Maple - Sandra		
Cardio Pump 9:15am Aerobics - Rotation	*W Arthritis Land 10:30am Maple - Liz	\$ Gentle Yoga 9:30am Admin - Natalie	\$ Int. Yoga 9:30am Admin - Natalie	\$ Yin Yoga 10:30am Admin - Natalie	*W TRX FIT 9:15am Aerobics - Kathy	Interval Step & Sculpt 9am Aerobics - Kathy F	
\$ Beginner Yoga 10am Arts II - Natalie	*W 30 minute Cycle 10:40am Aerobics - Janis	\$ Fit 4 Life 10:30am Maple - Dana	*W Arthritis Land 10:30am Maple - Dana	Kickboxing 10:30am Aerobics - Janis	Strength & Core 10:30am Aerobics - Valencia		
	Zumba 11:30am Aerobics - Dede	\$ Zumba Kids Jr. (30 Min) 4:30pm Aerobics - Crystal	\$ Beginner Yoga 10:30am Admin - Natalie	*W Functional Yoga 10:30am Maple - Dana			
20 Min Ab Lab 10:15am Aerobics - Rotation	*W BEST 11:30am Maple - Dana	\$ Zumba Kids (45Min) 5pm Aerobics - Crystal	\$ Zumba Gold w/ Toning 10:30am Aerobics - Dede	\$ MELT 11:45am Aerobics - Liz	Fit 4 Life 10:30am Maple - Dana		
	\$ Lifting Ladies 5:30pm Aerobics - Dana	\$ Zumba 6pm Aerobics - Valencia	\$ Strength & Core 11:30am Aerobics - Dede	\$ TRX Fit 5:45pm Aerobics - Kathy F			
Zumba 11:30am Aerobics - Sarah	20 Min Ab Lab 6:30pm Aerobics - Kathy F	\$ Beginner Yoga 6pm Maple - Yanying	\$ Aerial Yoga 5pm Aerobics - Yanying	\$ Beginner Yoga 6:30pm Maple - Yanying	Zumba 6pm Aerobics - Crystal		
	Interval Step & Sculpt 7pm Aerobics - Kathy F	*W Yoga 7pm Aerobics - Yanying	*W Beginner Vinyasa 5:30 pm Maple - Peggy	\$ 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	Zumba 7pm Aerobics - Dede			
		\$ Pilates Fusion 8pm Aerobics - Yanying	\$ Cardio Cycle & Str. 7pm Aerobics - Kathy F	Strength & Stretch (45 min) 8pm Aerobics - Lu			

Revised: 4/25/19

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.

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.

Chair Zumba: Take your love of Zumba and transfer it to a seated position to the entry level of moving to the music!

Functional 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.

BEGINNER to INTERMEDIATE Level:

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.

Cardio & Core: This class will take you through a series of exercises incorporating cardio movements, and will finish off with core work and stretching.

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.

Sit, Stand, Move, Groove: This class takes the best of low impact fitness and puts it into one class! Perform exercises in a chair, standing, and Zumba grooves.

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.

Cardio Pump: This cardio and strength training class teams up aerobics with toning for a well-rounded and interesting cardiovascular and fat burning workout.

Strength & Stretch: This 45 minute class will encompass high intensity weight lifting followed by a long duration cool down stretching format to help your muscles recover.

PiYo: Move at a consistent tempo between seated and standing poses while combining traditional yoga with the bonus of core training from the Pilates method.

YogaFit (BB): Designed to improve the health, performance, and mental acuity of athletes or individuals interested in increasing their fitness. Based on the ancient fitness science of hatha yoga, it blends balance, strength, flexibility and power in a fitness format.

INTERMEDIATE to ADVANCED Level:

Boot Camp/Bodyweight Boot Camp: Intense fitness challenge will feature traditional military style conditioning, plyometric training, boxing, kickboxing, & strength training.

HIIT: High intensity interval training 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.

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

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!

Interval Step & Sculpt: Add sculpting to your step routine for a more intense fitness program. Step heights will be adjusted periodically to get your heart pumping during aerobic portions of the class. Between intervals, build strength using your own body weight and a variety of equipment.

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.

Power Yoga: Poses are linked together in a flowing sequence designed to challenge the body. This class is great for those individuals looking for a new way to achieve a strong, lean, and toned body.

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.

Kettlebell AMPD: Heart pumping music and your favorite kettlebell moves, combines them into calorie torching fun. Designed to provide you with an intense full-body workout, utilizing kettlebells of various weights.

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

Beginner Vinyasa: A yoga class for those newer to yoga or those wanting a basic flow class. This class introduces foundational yoga postures, teaches you how to breath and helps you feel more comfortable in the yoga practice.

Piyo Sculpt (BB): This class offers intervals of higher intensity, higher power cardio drills combined with traditional and functional strength training. Modifications will be given for all fitness levels.

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!

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.

Strength & Core: This class will take you through a series of exercises incorporating strength movements, and will finish off with core work and stretching.

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

Stretch & Flexibility: Designed to work on stretching your muscles, enhance your flexibility, and maximize your muscle's potential for other forms of exercise.

20 Min Ab Lab: Focus on your core with this concentrated ab workout. You will feel each muscle that make up your core that help with strength, posture, and stability.