



# LAND FITNESS SCHEDULE

November 28, 2021 - January 1, 2022



**PLEASE NOTE:**

- Registration is required for each class
- Select classes with a ☆ are FREE for members during the month of December
- Holidays Classes: December 24, 31 & January 1 require single class registration
- No classes on December 25

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	FALL FITNESS
Interval Training 8am-8:55am Aerobics - Deb	Cycle 6:05am-7am Aerobics - Chris	Total Body 6:05am-7am Aerobics - Chris	Strictly Strength 6:05am-7am Aerobics - Deb	Total Body 6:05am-7am Aerobics - Chris	Cycle 7:30am-8:25am Aerobics - Lu No Class Dec 24 or 31	Interval Training 8am-8:55am Aerobics - Chris No Class Dec 25 or Jan 1	<p><b>FALL FITNESS</b></p> <p>Summit members have complete access to all group fitness classes free of charge as part of their current Summit membership. Non-members may take fitness classes for \$7/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>Each class runs for 6 weeks unless noted at registration.</p> <p>☆ <b>Note: Here's a Special Bonus for all of our Summit members! Throughout the month of December, members can attend these special fitness classes with a star for FREE all month long. Please note, members must still register for these free classes in order to attend. As an special offer, those interested in continuing in 2022 will also receive a 10% discount for the January session.</b></p> <p><b>Age Requirements:</b> 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><b>COVID-19 Protocols:</b> Information regarding Summit on the Park COVID-19 protocols is located on back.</p> <p><b>Color Fitness Class Level KEY</b></p> <ul style="list-style-type: none"> <li>■ BEGINNER Level</li> <li>■ BEGINNER to INTERMEDIATE level</li> <li>■ INTERMEDIATE level</li> <li>■ INTERMEDIATE to ADVANCED level</li> <li>■ ALL-LEVELS</li> </ul>
	Yoga 9am-9:55am Maple - Natalie	Cardio Drumming 9am-9:55am Aerobics - Lu	POP Pilates 8am-8:55am Aerobics - Alex	Yoga 9am-9:55am Maple - Natalie	Cycle & Strength 8am-8:55am Aerobics - Kathy		
Yoga 9am-9:55am Aerobics - Natalie	Yoga 9am-9:55am Maple - Natalie	☆ Barre 9:15am-10:10am Dance B - Winda No Class Dec 21 or 28	Kickboxing 9am-9:55am Aerobics - Valencia	Interval Training 9am-9:55am Aerobics - Dana	☆ 30 Minute Yo-Chi 9am-9:30am Dance B - Dana No Class Dec 24 or 31	Zumba 9am-9:55am Gymnasium - Summer No Class Dec 25 or Jan 1	
	Total Body 10:15am-11:10am Aerobics - Marina	Interval Training 9am-9:55am Aerobics - Dana	☆ Beginner Yoga 10am-10:55am Dance B - Natalie	BEST 10:15am-11:10pm Maple - Dana	☆ Barre 10am-10:55am Dance B - Dana No Class Dec 24 or 31		
Total Body 10:15am-11:10am Aerobics - Joe	Sit and Fit 10:30am-11:25am Maple - Dana	BEST 10:30am-11:25am Maple - Dede No Class Dec 21 or 28	Sit and Fit 10:30am-11:25am Maple - Dana	Chair Zumba 11:30am-12:25pm Maple - Dede No Class Dec 16, 23, 30	Yoga 10:15am-11:10am Aerobics - Sandy No Class Dec 24 or 31	Step & Sculpt 9am-9:55am Aerobics - Kathy No Class Dec 25 or Jan 1	
	Yoga 5:30pm-6:25pm Aerobics - Sandy	Yoga/Meditation 11:30am-12:25pm Maple - Dana	Zumba Gold 11:15am-12:10pm Aerobics - Dede No Class Dec 22 or 29	Strictly Strength 5pm-5:55pm Aerobics - Valencia			
	☆ Lifting Ladies 12pm-12:55pm Aerobics - Valencia	Interval Training 6pm-6:55pm Aerobics - Kathy	Interval Training 6pm-6:55pm Aerobics - Deb	Sit and Fit 11:30am-12:25pm Maple - Sandy No Class Dec 24 or 31			
Zumba 11:30am-12:25pm Aerobics - Sarah	Step & Sculpt 6:30pm-7:25pm Aerobics - Kathy	Total Body 5:30pm-6:25pm Aerobics - Kathy	Yoga 5:45pm-6:40pm Maple - Yanying	Zumba 7pm-7:55pm Maple - Dede No Class Dec 16, 23, 30	POP Pilates 6pm-6:55pm Aerobics - Alex No Class Dec 24 or 31	Yoga 10:30am-11:25am Aerobics - Sandy No Class Dec 25 or Jan 1	
	Strength & Stretch 7:30pm-8:25pm Aerobics - Dede No Class Dec 20 or 27	Zumba 6:30pm-7:25pm Aerobics - Crystal No Class Dec 14 or 21	Pilates Fusion 7pm-7:55pm Aerobics - Yanying	☆ Lifting Ladies 7pm-7:55pm Aerobics - Kathy			

# 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.

**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 Zumba:** Enjoy Zumba from the stability of a chair! Get your body moving to the beat and strengthen your muscles in one high energy class.

**Sit and Fit:** Get active while still being able to remain in your chair. This class will provide gentle activities are performed to increase joint flexibility and range of motion.

**Yoga/Meditation:** Take a moment out of your day to relax and meditate. Re-align your mind in this class and center yourself.

**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.

## 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.

**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.

**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:** 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 is required for each class.
- Summit members will have access to all group fitness classes included with their current Summit membership. Non-members will be charged a \$7 fee per class.
- **Important Facility COVID-19 Information:** Participant restrictions/guidelines for mask-wearing, capacity limits, and social distancing protocols for all programs, classes, and events are subject to change based on CDC, and MDHHS guidelines, as well as local COVID-19 conditions. At press time, face masks are strongly recommended for all visitors entering the Summit on the Park, regardless of vaccination status.
- Please visit [www.cantonfun.org](http://www.cantonfun.org) for the most up-to-date information on all programs.