# LAND FITNESS SCHEDULE

**January 4 - March 28, 2020**

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<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
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<th>Saturday</th>
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<tr>
<td>*W YogaFit 8am&lt;br&gt;Aerobics - Natalie</td>
<td>*W Yoga 9am&lt;br&gt;Maple-Natalie</td>
<td>*W Boot Camp 5:45am&lt;br&gt;Aerobics - Chris</td>
<td>*W Cycle 5:45am&lt;br&gt;Aerobics - Chris</td>
<td>*W Piyo Sculpt 9:15am&lt;br&gt;Aerobics - Dede</td>
<td>*W Cycle 8am&lt;br&gt;Aerobics - Lu</td>
<td>*W Total Body Fit 8am&lt;br&gt;Aerobics - Chris</td>
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<td>*W Prenatal/Postpartum Yoga 9am&lt;br&gt;Arts II - Natalie</td>
<td>*W 20 minute HIIT 10:15am&lt;br&gt;Aerobics - Lu</td>
<td>**W Arthritis Land 10:30am&lt;br&gt;Aerobics - Sandra</td>
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<td>**W Piyo Sculpt 9:15am&lt;br&gt;Aerobics - Deb/Jill</td>
<td>**W 30 minute Cycle 10:40am&lt;br&gt;Aerobics - Lu</td>
<td>**W 30 minute Cycle 10:40am&lt;br&gt;Aerobics - Lu</td>
<td>**W Zumba Gold w/ Toning 10:30am&lt;br&gt;Aerobics - Dede</td>
<td>**W Functional Yoga 10:30am&lt;br&gt;Aerobics - Dede</td>
<td>**W Strength &amp; Core 10:30am&lt;br&gt;Aerobics - Valencia</td>
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<td>**W Zumba 11:30am&lt;br&gt;Aerobics - Dede</td>
<td>**W Lifting Ladies 12pm&lt;br&gt;Aerobics - Dede</td>
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<td>**W Strength &amp; Core 11:30am&lt;br&gt;Aerobics - Dede</td>
<td>**W TRX Fit 10:30am&lt;br&gt;Aerobics - Valencia</td>
<td>**W Family Fitness/Yoga (45 Min)&lt;br&gt;Step &amp; Sculpt 9am&lt;br&gt;Aerobics - Kathy F</td>
<td>**W Drumming Fit 10:30am&lt;br&gt;Aerobics - Lu</td>
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<td>**W Beginner Yoga 10am&lt;br&gt;Arts II - Natalie</td>
<td>**W Zumba Kids (45 Min)&lt;br&gt;Arthritis Land&lt;br&gt;Aerobics - Sandra</td>
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<td>**W Step &amp; Sculpt 6:30pm&lt;br&gt;Aerobics - Kathy F</td>
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<td>**W Zumba 7pm&lt;br&gt;Aerobics - Yanying</td>
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<td>**W Step &amp; Sculpt 6:30pm&lt;br&gt;Aerobics - Kathy F</td>
<td>**W Yoga 7:00 pm&lt;br&gt;Aerobics - Dede</td>
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<td>**W Cardio Cycle &amp; Str. 7pm&lt;br&gt;Aerobics - Kathy F</td>
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<td>**W Strength &amp; Stretch 8:15pm&lt;br&gt;Aerobics - Dede</td>
<td>**W Maple - Yanying</td>
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**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.

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

Revised: 12/30/2019

46000 Summit Parkway, Canton, MI 48188 | 734/394-5460 | www.summitonthepark.org
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 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.

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.

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

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.

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.

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.

INTERMEDIATE to ADVANCED Level:

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

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!

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.

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.

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.

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.

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.

Circuit Training: Strength training and cardio come together in a time efficient workout. Keep your body moving while improving your tone and strengthening all major muscle groups.

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

Family Fitness & Yoga: Get your whole family moving with our family based fitness and yoga classes! This class will alternate weeks of fitness and yoga, offering a well-rounded wellness journey for your family. Take games and playtime into fitness and increase your flexibility and mindfulness with yoga! Children must be 8 years of age or older to participate and parents must be actively participating in these classes.

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

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.