



# LAND FITNESS SCHEDULE

## September 5 - November 27, 2021



**PLEASE NOTE:**

- Registration is required for each class
- Select classes require an additional fee (\$)
- Holidays Classes: September 6 & November 25 require single class registration

| Sunday   | Monday   | Tuesday   | Wednesday  | Thursday   | Friday   | Saturday  | FALL FITNESS   |  |
|--|--|---|--|--|--|---|--|--|
| Yoga<br>9am-9:55am<br>Aerobics - Natalie<br>*No Class Sep. 5*        | Cycle<br>6:05am-7am<br>Aerobics - Chris                | Total Body<br>6:05am-7am<br>Aerobics - Chris          | Strictly Strength<br>6:05am-7am<br>Aerobics - Deb      | Total Body<br>6:05am-7am<br>Aerobics - Chris                         | Cycle<br>7:30am-8:25am<br>Aerobics - Lu                | Interval Training<br>8am-8:55am<br>Aerobics - Chris | <b>FALL FITNESS</b><br><br>Summit members will 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.<br><br>Land Fitness Classes are 55 minutes unless otherwise noted. A current Summit membership, punch card or daily pass is required to participate.<br><br><b>Please Note: Select Classes denoted with the '\$' symbol require an additional fee.</b><br><br><b>Each class runs for 6 weeks unless noted at registration.</b><br><br><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.<br><br>The Summit reserves the right to cancel any class.<br><br><b>COVID-19 Protocols:</b> Information regarding Summit on the Park COVID-19 protocols is located on back.<br><br><b>Color Fitness Class Level KEY</b><br>■ BEGINNER Level<br>■ BEGINNER to INTERMEDIATE level<br>■ INTERMEDIATE level<br>■ INTERMEDIATE to ADVANCED level<br>■ ALL-LEVELS |  |
|  | Cardio Drumming<br>9am-9:55am<br>Aerobics - Lu         | Cycle<br>8am-8:55am<br>Aerobics - Alex                | Barre<br>9:15am-10:10am<br>Dance B - Winda             | Yoga<br>9am-9:55am<br>Maple - Natalie                                | Cycle<br>8am-8:55am<br>Aerobics - Kathy                |   |  | Total Body<br>9am-9:55am<br>Aerobics - Summer    |
|  | Yoga<br>9am-9:55am<br>Maple - Natalie                  | Interval Training<br>9am-9:55am<br>Aerobics - Dana    | Zumba<br>9:15am-10:10am<br>Gym - Summer                | Kickboxing<br>9am-9:55am<br>Aerobics - Valencia                      | Interval Training<br>9am-9:55am<br>Aerobics - Dana     |   |  | 30 Minute Yo-Chi<br>9am-9:30am<br>Dance B - Dana |
| Total Body<br>10:15am-11:10am<br>Aerobics - Joe<br>*No Class Sep. 5* | Total Body<br>10:15am-11:10am<br>Aerobics - Marina     | BEST<br>10:30am-11:25am<br>Maple - Dede               | Intermediate Yoga<br>10am-10:55am<br>Dance B - Natalie | BEST<br>10:15am-11:10pm<br>Maple - Dana                              | Barre<br>10am-10:55am<br>Dance B - Dana                | Zumba<br>9am-9:55am<br>Gymnasium<br>Summer          |  |  |
|  | Sit and Fit<br>10:30am-11:25am<br>Maple - Dana         | Yoga/Meditation<br>11:30am-12:25pm<br>Maple<br>Dana   | Sit and Fit<br>10:30am-11:25am<br>Maple - Heidi        | Chair Zumba<br>11:30am-12:25pm<br>Maple - Dede<br>*No class Sept. 9* | Barre<br>10am-10:55am<br>Dance B - Dana                |   |  |  |
|  | Yoga<br>5:30pm-6:25pm<br>Aerobics - Sandy              | Lifting Ladies<br>12pm-12:55pm<br>Aerobics - Valencia | Zumba Gold<br>11:15am-12:10pm<br>Aerobics - Sarah      | Sit and Fit<br>10:30am-11:25am<br>Maple - Heidi                      | Strictly Strength<br>5pm-5:55pm<br>Aerobics - Valencia |   | Yoga<br>10:15am-11:10am<br>Aerobics - Sandy  |  |
| Zumba<br>11:30am-12:25pm<br>Aerobics - Sarah<br>*No Class Sep 5*     | Lifting Ladies<br>6:30pm-7:25pm<br>Aerobics - Kathy    | Total Body<br>5:30pm-6:25pm<br>Aerobics - Kathy       | Interval Training<br>6pm-6:55pm<br>Aerobics<br>Kathy   | Circuit Training<br>6pm-6:55pm<br>Aerobics - Deb                     | Sit and Fit<br>11:30am -12:25pm<br>Maple - Sandy       | Step & Sculpt<br>9am-9:55am<br>Aerobics - Kathy     |  |  |
|  | Strength & Stretch<br>7:30pm-8:25pm<br>Aerobics - Dede | Zumba<br>6:30pm-7:25pm<br>Aerobics - Crystal          | Yoga<br>5:45pm-6:40pm<br>Maple - Yanying               | Zumba<br>7pm-7:55pm<br>Maple - Heidi                                 | POP Pilates<br>6pm-6:55pm<br>Aerobics<br>Alex          |   |  |  |
|  |  |   | Pilates Fusion<br>7pm-7:55pm<br>Aerobics - Yanying     | Step & Sculpt<br>7pm-7:55pm<br>Aerobics - Kathy                      |  |   | Yoga<br>10:30am-11:25am<br>Aerobics - Sandy  |  |

Revised: 8/27/21



# 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<br>8am-8:55am<br>Aerobics - Deb | Cycle<br>6:05am-7am<br>Aerobics - Chris   | Total Body<br>6:05am-7am<br>Aerobics - Chris                          | Strictly Strength<br>6:05am-7am<br>Aerobics - Deb                         | Total Body<br>6:05am-7am<br>Aerobics - Chris                              | Cycle<br>7:30am-8:25am<br>Aerobics - Lu<br>No Class Dec 24 or 31            | Interval Training<br>8am-8:55am<br>Aerobics - Chris<br>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> |
|   | Cardio Drumming<br>9am-9:55am<br>Aerobics - Lu                                  | POP Pilates<br>8am-8:55am<br>Aerobics - Alex                          | ☆ Barre<br>9:15am-10:10am<br>Dance B - Winda<br>No Class Dec 21 or 28     | Yoga<br>9am-9:55am<br>Maple - Natalie                                     | Cycle & Strength<br>8am-8:55am<br>Aerobics - Kathy                          |   |  |
| Yoga<br>9am-9:55am<br>Aerobics - Natalie          | Yoga<br>9am-9:55am<br>Maple - Natalie   | Interval Training<br>9am-9:55am<br>Aerobics - Dana                    | Kickboxing<br>9am-9:55am<br>Aerobics - Valencia                           | Interval Training<br>9am-9:55am<br>Aerobics - Dana                        | ☆ 30 Minute Yo-Chi<br>9am-9:30am<br>Dance B - Dana<br>No Class Dec 24 or 31 | Zumba<br>9am-9:55am<br>Gymnasium - Summer<br>No Class Dec 25 or Jan 1           |  |
|   | Total Body<br>10:15am-11:10am<br>Aerobics - Marina                              | BEST<br>10:30am-11:25am<br>Maple - Dede<br>No Class Dec 21 or 28      | ☆ Beginner Yoga<br>10am-10:55am<br>Dance B - Natalie                      | BEST<br>10:15am-11:10pm<br>Maple - Dana                                   | ☆ Barre<br>10am-10:55am<br>Dance B - Dana<br>No Class Dec 24 or 31          |   |  |
| Total Body<br>10:15am-11:10am<br>Aerobics - Joe   | Sit and Fit<br>10:30am-11:25am<br>Maple - Dana                                  | Yoga/Meditation<br>11:30am-12:25pm<br>Maple - Dana                    | Sit and Fit<br>10:30am-11:25am<br>Maple - Dana                            | Chair Zumba<br>11:30am-12:25pm<br>Maple - Dede<br>No Class Dec 16, 23, 30 | Yoga<br>10:15am-11:10am<br>Aerobics - Sandy<br>No Class Dec 24 or 31        | Step & Sculpt<br>9am-9:55am<br>Aerobics - Kathy<br>No Class Dec 25 or Jan 1     |  |
|   | Total Body<br>10:15am-11:10am<br>Aerobics - Joe                                 | Yoga<br>5:30pm-6:25pm<br>Aerobics - Sandy                             | Zumba Gold<br>11:15am-12:10pm<br>Aerobics - Dede<br>No Class Dec 22 or 29 | Strictly Strength<br>5pm-5:55pm<br>Aerobics - Valencia                    |   |   |  |
| Zumba<br>11:30am-12:25pm<br>Aerobics - Sarah      | Step & Sculpt<br>6:30pm-7:25pm<br>Aerobics - Kathy                              | ☆ Lifting Ladies<br>12pm-12:55pm<br>Aerobics - Valencia               | Interval Training<br>6pm-6:55pm<br>Aerobics - Kathy                       | Circuit Training<br>6pm-6:55pm<br>Aerobics - Deb                          | Sit and Fit<br>11:30am-12:25pm<br>Maple - Sandy<br>No Class Dec 24 or 31    | Yoga<br>10:30am-11:25am<br>Aerobics - Sandy<br>No Class Dec 25 or Jan 1         |  |
|   | Strength & Stretch<br>7:30pm-8:25pm<br>Aerobics - Dede<br>No Class Dec 20 or 27 | Total Body<br>5:30pm-6:25pm<br>Aerobics - Kathy                       | Yoga<br>5:45pm-6:40pm<br>Maple - Yanying                                  | Zumba<br>7pm-7:55pm<br>Maple - Dede<br>No Class Dec 16, 23, 30            | POP Pilates<br>6pm-6:55pm<br>Aerobics - Alex<br>No Class Dec 24 or 31       |   |  |
|   | Zumba<br>6:30pm-7:25pm<br>Aerobics - Crystal<br>No Class Dec 14 or 21           | Zumba<br>6:30pm-7:25pm<br>Aerobics - Crystal<br>No Class Dec 14 or 21 | Pilates Fusion<br>7pm-7:55pm<br>Aerobics - Yanying                        | ☆ Lifting Ladies<br>7pm-7:55pm<br>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.