



# LAND FITNESS SCHEDULE

## December 11, 2022 - April 1, 2023



**PLEASE NOTE:**

- Registration is required for each class session
- Registration opens Tuesday, December 6 at 10am ONLINE ONLY
- In-person registration begins Tuesday, December 13 at 10am
- Holiday Classes will be held on December 24, December 31, & January 1; with single-day registration required for each class
- No classes will be held on Sunday, December 25

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	<b>WINTER/SPRING FITNESS</b>  Summit members will have access to a majority of the group fitness classes free of charge as part of their current Summit membership. Non-members may take fitness classes for \$7/class.  Land Fitness Classes are 55 minutes in length unless otherwise noted. A current Summit membership, punch card or daily pass is required to participate.  <b>Please Note: Select Classes denoted with the '\$' symbol and underlined title require an additional fee. Each fee based class runs for 6 weeks unless noted at registration. Drop-ins are allowed, space permitting for \$10M/\$11R/\$12NR</b>  <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.  The Summit reserves the right to cancel any class.  <b>Color Fitness Class Level KEY</b> ■ BEGINNER Level ■ BEGINNER to INTERMEDIATE level ■ INTERMEDIATE level ■ INTERMEDIATE to ADVANCED level ■ ALL-LEVELS
Interval Training 8am-8:55am Aerobics - Deb	Cycle 6:05am - 7am Aerobics - Chris	Total Body 6:05am - 7am Aerobics - Chris	Core and More 6:05am - 7am Aerobics - Deb	Total Body 6:05am - 7am Aerobics - Chris	Total Body 9am - 9:55am Aerobics - Summer *No class Dec 30*	Interval Training 8am - 8:55am Aerobics - Chris	
Yoga 8am-8:55am Maple/Oak - Natalie	Cardio Drumming 9am - 9:55am Aerobics - Lu	<b>BEST</b> 9am - 9:55am Maple/Oak - Dede	Yoga 9am - 9:55am Maple/Oak - Natalie	Rock & Walk 8am - 8:55am Maple/Oak - Dede	Yoga 9am - 9:55am Maple/Oak Sandy *No Class Dec 30*	Step & Sculpt 9am - 9:55am Aerobics - Kathy	
\$ Beginner Yoga 9am-9:55am Maple/Oak - Natalie	Total Body 10:15am - 11:10am Aerobics - Marina	Core & More 10:15am - 11:10am Aerobics - Kathy	Zumba 9am - 9:55am Gym - Summer *No Class Dec 28*	Chair Zumba 9am - 9:55am Maple/Oak - Dede	\$ Barre 9am - 9:55am Dance B - Dana	Zumba 9am - 9:55am Gym - Summer	
\$ TRX Fusion 9:10am-10:05am Aerobics - Deb	Yoga Lite 10:15am - 11:10am Chestnut - Natalie	\$ Senior Sample 10:15am - 11:10am Maple/Oak - Dana	Kickboxing 9am - 9:55am Aerobics - Valencia	Interval Training 9am - 9:55am Aerobics - Dana *No Class Dec 29th*	\$ Yo-Chi 10am - 10:55am Dance B - Dana		
\$ Pre-Natal Yoga 10am-10:55am Maple- Natalie	Sit and Fit 10:30am - 11:25am Maple/Oak - Dana *No Class Dec 26*	Yoga Meditation 11:30am - 12:25pm Maple/Oak - Dana *No class Dec 27*	Bodyweight Bootcamp 10 - 10:30am Gym - Summer *No class Dec 28*	BEST 10:15am - 11:10am Maple/Oak - Dana *No Class Dec 29th*	\$ Zumba 10am - 10:55am Aerobics - Summer *No Class Dec 30*	Yoga 10am - 10:55am Aerobics - Sandy	
Kickboxing 10:15am-11:10am Aerobics - Joe	Zumba Gold 11:30am - 12:25am Dede - Aerobics	Total Body 5:30pm - 6:25pm Aerobics - Kathy	Sit & Fit 10:30am - 11:25am Maple/Oak - Marina	Cardio Drumming 10:15am - 11:10am Aerobics - Lu	Strength & Stretch 11:15am - 12:10pm Aerobics - Dede		
Zumba 11:30am-12:25pm Aerobics - Sarah	Step & Sculpt 5:30pm - 6:25pm Aerobics - Kathy	\$ Beginner Yoga 6pm - 6:55pm Maple/Oak Yanying	Zumba Gold Toning 10:30am - 11:25am Aerobics - Dede	Strictly Strength 5pm - 5:55pm Aerobics - Valencia	Sit and Fit 10:15am - 11:10am Maple/Oak - Sandy *No Class Dec 30*		
	\$ Mindfulness Based Stress Reduction 6pm - 7pm Arts II - Dede	Zumba 6:30pm - 7:25pm Aerobics - Dede	\$ Yin Yoga 10:30am - 11:25am Dance B - Natalie	TRX 6pm - 6:55pm Aerobics - Heidi	POP Pilates 6pm - 6:55pm Aerobics - Alex *No Class Feb 10*		
	Yoga 6:30pm - 7:30pm Maple/Oak - Sandy *No Class Dec 26*	Interval Training 5:30pm - 6:25pm Aerobics - Kathy	\$ Lifting Ladies 12pm - 12:55pm Aerobics - Dana	\$ Yoga Sculpt 6:30pm - 7:25pm Maple/Oak - Sandy			
	Strength & Stretch 7:30pm - 8:25pm Aerobics - Dede	Core & More 7:30pm - 8:25pm Aerobics - Yanying	Yoga 5:45pm - 6:40pm Maple/Oak - Yanying	Core & More 7pm - 7:55pm Aerobics - Deb			
			Interval Training 5:30pm - 6:25pm Aerobics - Kathy				
			Pilates Fusion 7pm - 7:55pm Aerobics - Yanying				

# 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.

**Rock & Walk:** Move to the beat and get the best out of low impact fitness! This class will incorporate walking and balance training while moving to the beat of fun music.

**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.

**Yoga Lite:** Ease into a traditional yoga class with Yoga Lite. This class will gradually teach you intermediate yoga poses at a slower pace until you're ready for the next level.

**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.

**Core and More:** This class will focus primarily on core training and stability and accompany it with other forms of fitness such like strength or endurance training.

**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.
- 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. Please visit [www.summitonthepark.org](http://www.summitonthepark.org) for the most up-to-date information on all programs.

**SUMMIT  
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