## LAND FITNESS SCHEDULE

**September 9 - December 21, 2019**

**No Evening Maple Classes on October 30**

**8am Class Only on November 28**

<table>
<thead>
<tr>
<th>Sunday</th>
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| YogaFit 8am | Aerobics - Kathy F | **$** Prenatal/Postpartium Yoga 9am | **$** Aerobics - Dana | **$** Yoga 9am | **$** Strength & Stretch (45 Min) 8:30am | **$** Zumba 9am
| **$** Beginner Yoga 10am | **$** 20 Min Ab Lab 10:20am | **$** Interval Step & Sculpt 7pm | **$** Yoga 7pm | **$** Cardio Cycle & Str. 7pm | **$** Zumba 6pm |
| **$** Zumba 11:30am | **$** 20 Min Ab Lab 10:20am | **$** Interval Step & Sculpt 7pm | **$** Yoga 7pm | **$** Cardio Cycle & Str. 7pm | **$** Zumba 6pm |
| **$** Zumba 11:30am | **$** 20 Min Ab Lab 10:20am | **$** Interval Step & Sculpt 7pm | **$** Yoga 7pm | **$** Cardio Cycle & Str. 7pm | **$** Zumba 6pm |

### Color Fitness Class Level Key

- **BEGINNER Level**
- **BEGINNER to INTERMEDIATE level**
- **INTERMEDIATE level**
- **INTERMEDIATE to ADVANCED level**
- **ALL-LEVELS**

**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.

**WRISTBAND REQUIRED CLASSES:** Limited in space/equipment. Wristband must be obtained from front desk starting one hour prior to class.