



# LAND FITNESS SCHEDULE

## May 29 - September 3, 2022



### PLEASE NOTE:

- Registration is required for each class
- Registration opens Monday, May 16 at 10 a.m.
- Holiday Classes on May 30, June 18 (Liberty Fest), and July 4 require single-day class registration

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
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	Total Body 9am - 9:55am Aerobics - Summer	Interval Training 8am-8:55am Aerobics - Chris	<p align="center"><b>SPRING/SUMMER FITNESS</b></p> <p>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.</p> <p>Land Fitness Classes are 55 minutes in length unless otherwise noted. A current Summit membership, punch card or daily pass is required to participate.</p> <p><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.</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><span style="display: inline-block; width: 15px; height: 10px; background-color: #FFC0CB; border: 1px solid black; margin-right: 5px;"></span> BEGINNER Level</li> <li><span style="display: inline-block; width: 15px; height: 10px; background-color: #FFD700; border: 1px solid black; margin-right: 5px;"></span> BEGINNER to INTERMEDIATE level</li> <li><span style="display: inline-block; width: 15px; height: 10px; background-color: #90EE90; border: 1px solid black; margin-right: 5px;"></span> INTERMEDIATE level</li> <li><span style="display: inline-block; width: 15px; height: 10px; background-color: #90EE90; border: 1px solid black; margin-right: 5px;"></span> INTERMEDIATE to ADVANCED level</li> <li><span style="display: inline-block; width: 15px; height: 10px; background-color: #CCCCFF; border: 1px solid black; margin-right: 5px;"></span> ALL-LEVELS</li> </ul>
	Yoga 8am-8:55am Maple - Natalie	Cardio Drumming 9am - 9:55am Aerobics - Lu	Interval Training 9am-9:55am Aerobics Dana	Yoga 9am-9:55am Maple - Natalie			
\$ <u>Pre-Natal Yoga</u> 9am-9:55am Arts II - Natalie	Yoga 9am-9:55am Maple - Natalie	BEST 10:30am-11:25am Maple - Dede	Kickboxing 9am-9:55am Aerobics - Valencia	Cardio Drumming 10:15am - 11:10am Aerobics - Lu	Zumba 10am-10:55am Aerobics - Crystal	Zumba 9am-9:55am Gymnasium - Summer	
	Total Body 10:15am-11:10am Aerobics - Marina	Yoga/Meditation 11:30am-12:25pm Maple - Dana	Zumba 9:15am-10:10am Gym - Summer	BEST 10:15am-11:10am Maple - Dana			
\$ <u>Beginner Yoga</u> 10am-10:55am Arts II - Natalie	Sit and Fit 10:30am-11:25am Maple - Dana	Total Body 5:30pm-6:25pm Aerobics - Kathy	Sit and Fit 10:30am-11:25am Maple - Heidi	Chair Zumba 11:30am-12:25pm Maple - Dede	Zumba 7pm-7:55pm Maple - Dede	Zumba 9am - 9:55am Aerobics - Sandy	
	Zumba Gold 11:30am-12:25pm Maple - Dede	\$ <u>Beginner Yoga</u> 6pm-6:55pm Maple - Yanying	\$ <u>Zumba Gold w/ Toning</u> 10:30am-11:25pm Aerobics - Dede	Strictly Strength 5pm-5:55pm Aerobics - Valencia			
Zumba 11:30am-12:25pm Aerobics - Sarah	Step & Sculpt 5:30pm-6:25pm Aerobics - Kathy	Zumba 6:30pm-7:25pm Aerobics - Crystal	Yoga 5:45pm-6:40pm Maple-Yanying	\$ <u>TRX Fit</u> 6pm-6:55pm Aerobics - Deb	POP Pilates 6pm-6:55pm Aerobics - Alex *No Class June 17th*		
	Yoga 6:30pm-7:25pm Aerobics - Sandy		Interval Training 6pm-6:55pm Aerobics- Kathy	\$ <u>Lifting Ladies</u> 7pm-7:55pm Aerobics - Deb			
Strength & Stretch 7:30pm-8:25pm Aerobics - Dede							

Revised: 5/13/22

# 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.

**BOSU Fitness:** Build muscle endurance, strength, and stability with the use of the BOSU Ball! This class will help the novice and experienced fitness enthusiast, create a well-rounded exercise regimen.

**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.
- 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.