



LAND FITNESS SCHEDULE

January 4 - March 28, 2020



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
YogaFit 8am Aerobics - Natalie	Circuit Training 5:45am Aerobics - Chris *W Drumming Fit 9am Aerobics - Lu	Boot Camp 5:45am Aerobics -Chris *W BEST 9am Maple -Dede *W Plyo Sculpt 9:15am Aerobics - Dana	*W Cycle 5:45am Aerobics -Chris *W Circuit Training 9:15am Aerobics - Summer *W BEST 9:15am Maple - Dana	Plyo Sculpt 5:45am Aerobics - Deb *W Sit, Stand, Move, Groove 8am Maple - Dede *W Bootcamp 9am Aerobics - Lu	*W Cycle 8am Aerobics - Lu Zumba 9:15am Gym - Summer	Total Body Fit 8am Aerobics - Chris
\$ Prenatal/Postpartum Yoga 9am Arts II - Natalie	*W Yoga 9am Maple-Natalie 20 minute HIIT 10:15am Aerobics - Lu *W Arthritis Land 10:30am Maple - Liz	\$ Barre 9:15am Dance B \$ Gentle Yoga 9:30am Dance C - Natalie 70 min Power Yoga 10:15am Aerobics - Sandra \$ Fit 4 Life 10:30am Maple - Dana	Zumba 9:15am Gym - Crystal \$ Int. Yoga 9:30am Dance B - Natalie *W Arthritis Land 10:30am Maple - Dana \$ Beginner Yoga 10:30am Dance B - Natalie	*W Cardio & Core 9am Maple - Dede \$ Yin Yoga 10:30am Dance C - Natalie Kickboxing 10:15am Aerobics - Lu	*W Yoga 9:30am Maple - Sandra \$ TRX FIT 9:30am Aerobics -Dana *W Strength & Core 10:30am Aerobics - Valencia	Zumba 9am Gym - Summer Step & Sculpt 9am Aerobics - Kathy F
Plyo Sculpt 9:15am Aerobics - Deb/Jill	*W 30 minute Cycle 10:40am Aerobics - Lu Zumba 11:30am Aerobics - Dede *W BEST 11:30am Maple - Dana \$ Lifting Ladies 5:30pm Aerobics - Kathy	\$ Chair Zumba (30 Min) 10:15am Arts II - Dede \$ Lifting Ladies 12pm Aerobics - Dana \$ Zumba Kids (45Min) 5:10pm Aerobics - Crystal Zumba 6pm Aerobics - Valencia \$ Beginner Yoga 6pm Maple - Yanying	\$ Zumba Gold w/ Toning 10:30am Aerobics - Dede Strength & Core 11:30am Aerobics - Dede Step & Sculpt 6pm Aerobics - Kathy F *W Yoga 7:00 pm Walnut - Peggy \$ Cardio Cycle & Str. 7pm Aerobics - Kathy F	*W Functional Yoga 10:30am Maple - Dana \$ MELT 11:45am Aerobics - Liz \$ TRX Fit 5:30pm Aerobics - Kathy F \$ Beginner Yoga 6:30pm Maple - Yanying *W Zumba 7pm Aerobics - Dede Pilates Fusion 8pm Aerobics - Yanying	*W Strength & Core 10:30am Aerobics - Valencia \$ Fit 4 Life 10:30am Maple - Dana Zumba 6pm Aerobics - Crystal	*W Family Fitness/Yoga (45 Min) 9:30am Maple - Deb/Sandy Drumming Fit 10am Aerobics - Lu
\$ Beginner Yoga 10am Arts II - Natalie						
Zumba 11:30am Aerobics - Sarah	Step & Sculpt 6:30pm Aerobics - Kathy F Strength & Stretch 8:15pm Aerobics - Dede	\$ Beginner Yoga 6pm Maple - Yanying *W Yoga 7pm Maple - Yanying	\$ Strength & Stretch (45 min) 8pm Aerobics - Lu			

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.

Family Classes: Children must be 8 years and actively participating with the parent/guardian during 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**
- BEGINNING Level
 - BEGINNER to INTERMEDIATE level
 - INTERMEDIATE level
 - INTERMEDIATE to ADVANCED level
 - ALL-LEVELS

Revised: 12/30/2019

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 entry level of moving 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.

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 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.



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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.