



LAND GROUP FITNESS SCHEDULE

January 31 - February 27, 2021

Registration Required for Each Class



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p>Yoga 9am-9:55am Zoom- Natalie</p>	<p>Cardio Drumming 9am-9:55am Zoom - Lu</p>	<p>Strictly Strength 6:15am-7:10am Zoom - Chris</p>	<p>Yoga 9am-9:55am Zoom - Natalie</p>	<p>Strictly Strength 6:15am-7:10am Zoom - Chris</p>	<p>Total Body 9am-9:55am Zoom - Diana</p>	<p>Interval Training 8am-8:55am Zoom - Chris</p>	<p>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.</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>The Summit reserves the right to cancel any class.</p> <p>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.</p> <p>Registration: Pre-Registration is required for all classes. Registration opens 2 weeks before and closes 24 hours before class. All classes are reserved on a limited first come, first served basis.</p> <p>Late arrivals will not be permitted into class</p>
	<p>Athritis Land 10:30am-11:25am Zoom - Peggy</p>	<p>Interval Training 9am-9:55am Zoom - Dana</p>		<p>Interval Training 9am-9:55am Zoom - Dana</p>			
<p>Total Body 10:15am-11:10am Zoom - Marina</p>	<p>Yoga 5:30pm-6:25pm Zoom- Sandy</p>	<p>BEST 10:30am-11:25am Zoom - Dede</p>	<p>Athritis Land 10:30am-11:25am Zoom - Peggy</p>	<p>BEST 10:15am-11:10pm Zoom - Dana</p>	<p>Yoga 10:15am-11:10am Zoom - Sandy</p>	<p>Total Body 9:15am-10:10am Zoom - Kathy</p>	
		<p>Total Body 5:30pm-6:25pm Zoom - Kathy</p>		<p>Chair Yoga 11:30am-12:25pm Zoom - Peggy</p>			
<p>Zumba 11:30am-12:25pm Zoom - Sarah</p>	<p>Strength & Stretch 6:45pm-7:40pm Zoom - Dede</p>	<p>Zumba 6:45pm-7:40pm Zoom - Crystal</p>	<p>Step & Sculpt 5:30pm-6:25pm Zoom - Kathy</p>	<p>Strictly Strength 5pm-5:55pm Zoom - Valencia</p>	<p>Kickboxing 6pm-6:55pm Zoom - Alex</p>	<p>Yoga 10:30am-11:25am Zoom - Sandy</p>	
				<p>Zumba 6:30pm-7:25pm Zoom - Dede</p>			

- Color Fitness Class Level KEY**
- BEGINNER Level
 - BEGINNER to INTERMEDIATE level
 - INTERMEDIATE level
 - INTERMEDIATE to ADVANCED level
 - ALL-LEVELS

Revised: 8/23/2019