



# LAND FITNESS SCHEDULE

## September 10 - November 26, 2022



### PLEASE NOTE:

- Registration is required for each class
- Registration opens Tuesday, August 23 at 10am ONLINE ONLY  
In-person registration begins Tuesday, August 30 at 10am
- Holiday Class will be held on Thursday, November 24 and also requires a single-day class registration

| Sunday   | Monday  | Tuesday  | Wednesday  | Thursday   | Friday  | Saturday  |  |
|--|---|--|--|--|---|---|--|
| Interval Training<br>8am-8:55am<br>Aerobics - Deb        | Cycle<br>6:05am - 7am<br>Aerobics - Chris                         | Total Body<br>6:05am - 7am<br>Aerobics - Chris           | Core and More<br>6:05am - 7am<br>Aerobics - Deb                | Total Body<br>6:05am - 7am<br>Aerobics - Chris             | Total Body<br>9am - 9:55am<br>Aerobics - Summer       | Interval Training<br>8am - 8:55am<br>Aerobics - Chris | <b>SPRING FITNESS</b><br><br>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.<br><br>Land Fitness Classes are 55 minutes in length, unless otherwise noted. A current Summit membership, punch card or daily pass is required to participate. |
|  | Yoga<br>8am-8:55am<br>Maple/Oak - Natalie                         | Cardio Drumming<br>9am - 9:55am<br>Aerobics - Lu         | Barre<br>9am - 9:55am<br>Dance B - Alex                        | Yoga<br>9am - 9:55am<br>Maple/Oak - Natalie                | Rock & Walk<br>8am - 8:55am<br>Maple/Oak - Dede       |   |  |
| Beginner Yoga<br>9am-9:55am<br>Arts II - Natalie         | Total Body<br>10:15am - 11:10am<br>Aerobics - Marina              | Interval Training<br>9am - 9:55am<br>Aerobics - Dana     | Bodyweight Bootcamp<br>(30Min)<br>10 - 10:30am<br>Gym - Summer | Interval Training<br>9am - 9:55am<br>Aerobics - Dana       | Barre<br>9am - 9:55am<br>Dance B - Dana               | Step & Sculpt<br>9am - 9:55am<br>Aerobics - Kathy     | <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-in's are allowed, space permitting. \$10M/\$11R/\$12NR</b>  |
| TRX Fusion<br>9:10am-10:05am<br>Aerobics - Deb           | Yoga Lite<br>10:15am - 11:10am<br>Chestnut - Natalie              | Core & More<br>10:15am - 11:10am<br>Aerobics - Kathy     | Sit & Fit<br>10:30am - 11:25am<br>Maple/Oak - Marina           | BEST<br>10:15am - 11:10am<br>Maple/Oak - Dana              | Yo-Chi<br>10am - 10:55am<br>Dance B - Dana            |   |  |
| Pre-Natal Yoga<br>10am-10:55am<br>Arts II - Natalie      | Sit and Fit<br>10:30am - 11:25am<br>Maple/Oak - Dana              | Senior Sample<br>10:30am - 11:25am<br>Maple/Oak - Dana   | Zumba Gold w/ Toning<br>10:30am - 11:25am<br>Aerobics - Dede   | Cardio Drumming<br>10:15 - 11:10am<br>Aerobics - Lu        | Zumba<br>10am - 10:55am<br>Aerobics - Summer          | Zumba<br>9am - 9:55am<br>Gym - Summer                 | <b>Age Requirements:</b> Ages 14-17 may participate in Group Fitness classes after completing a fitness orientation, as well as having a parent complete a consent form. Ages 12-13 may participate in a group fitness class if a parent or guardian is present and actively participating in the class.   |
| Cycle<br>10:15am-11:10am<br>Aerobics - Joe               | Zumba Gold<br>11:30am - 12:25am<br>Dede - Aerobics                | Yoga Meditation<br>11:30am - 12:25pm<br>Maple/Oak - Dana | Yin Yoga<br>10:30am - 11:25am<br>Dance B - Natalie             | Strength & Stretch<br>11:15am - 12:10pm<br>Aerobics - Dede |   |   |  |
| Zumba<br>11:30am-12:25pm<br>Aerobics - Sarah             | Step & Sculpt<br>5:30pm - 6:25pm<br>Aerobics - Kathy              | Total Body<br>5:30pm - 6:25pm<br>Aerobics - Kathy        | Lifting Ladies<br>12pm - 12:55pm<br>Aerobics - Dana            | Strictly Strength<br>5pm - 5:55pm<br>Aerobics - Valencia   | Sit and Fit<br>10:15am - 11:10am<br>Maple/Oak - Sandy | Yoga<br>10am - 10:55am<br>Aerobics - Sandy            | <b>Color Fitness Class Level KEY</b><br>■ BEGINNER Level<br>■ BEGINNER to INTERMEDIATE level<br>■ INTERMEDIATE level<br>■ INTERMEDIATE to ADVANCED level<br>■ ALL-LEVELS   |
|  | Mindfulness Based Stress Reduction<br>6pm - 7pm<br>Arts II - Dede | Beginner Yoga<br>6pm - 6:55pm<br>Maple/Oak - Yanying     | Stress Reduction<br>5:30pm - 6:30pm<br>Arts II - Dede          | Yoga<br>5:45pm - 6:40pm<br>Maple/Oak - Yanying             |   |   |  |
| Yoga<br>6:30pm - 7:25pm<br>Aerobic - Sandy               | Yoga<br>6:30pm - 7:25pm<br>Aerobic - Sandy                        | Interval Training<br>6pm - 6:55pm<br>Aerobics - Kathy    | Interval Training<br>6pm - 6:55pm<br>Aerobics - Kathy          | Yoga Sculpt<br>6:30pm - 7:25pm<br>Maple/Oak - Sandy        | POP Pilates<br>6pm - 6:55pm<br>Aerobics - Alex        |   |  |
| Strength & Stretch<br>7:30pm - 8:25pm<br>Aerobics - Dede | Strength & Stretch<br>7:30pm - 8:25pm<br>Aerobics - Dede          | Zumba<br>6:30pm - 7:25pm<br>Aerobics - Dede              | Pilates Fusion<br>7pm - 7:55pm<br>Aerobics - Yanying           | Core & More<br>7pm - 7:55pm<br>Aerobics - Deb              |   |   |  |

Revised: 8/8/2022

# 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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