

SUMMIT FITNESS CLUB GROUP FITNESS

MARCH

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
8:30						X30 Veronica	All classes are multilevel so everyone can enjoy our workouts. Step Blast – step experience recommended
9:00	Cardio Pump Marilyn	Step Blast Marilyn	XTRAIN Marilyn	Step n Sculpt Marilyn		X30 Veronica	
9:15					Total Body Debbie		Tel: 613-930-2445 www.summitfitnessclub.ca
9:45	RIP training Shawna	Body Sculpt Marilyn		Body Sculpt Marilyn			
10:00			Yoga Angie			Step Cardio	32 Weekly Classes 9 Weekly Yoga Classes
10:35	Yoga Lydia	Yoga Mark		Yoga Mark	Yoga Angie		
10:45						RIP training	All classes, times, and instructors subject to change and/or cancellation on short notice
11:15			Lift and Shred Amanda				
11:35						Yoga Angie	
5:00		Hard Core Conditioning Lisa Starts @ 5:05	Cardio Boxing Chantal			POP UP CLASS Strong & Lean Saturday March 28 at 9:30 am	X30 A 30 minute workout held in the Crossfit room – open to all Group Fit members
5:00	X30 Veronica						
5:15	Step Cardio Shawna			HIIT Shawna			
6:00	RIP training Shawna	Barre Lisa	RIP training Lisa				
6:30		Zumba Idalia					
7:00	Yoga Kim		Yoga Rebecca				Saturday Morning March 7 - Chantal March 14 - Carrie March 21 - Chantal March 28 - Carrie

CHECK OUT OUR POP UP CLASSES!!! See Pop Up Class Schedule on Group Fit Board

CLASS DESCRIPTIONS

TEST DRIVE ONE OF OUR NEW PROGRAMS!!

X30	Get motivated and get moving. This 30 minute variable intensity workout takes you into our <u>Crossfit room</u> for the results you've been looking for. Get ready for kettle bells, medicine balls, rowing machines, suspension straps, battling ropes and more! Not a Crossfit workout – we are just using the room.
TOTAL BODY	A 55 minute workout including floor cardio, strength and core! This workout is for everyone who is seeking an all in one workout! Great for all levels and abilities.
CARDIO PUMP	This 45 minute workout alternates intervals of floor cardio and strength offering a full body workout in 45 minutes.
CORE MAX	This 30 minute workout offers vertical and horizontal core exercises to train your core to the max!
BARRE	A 30 minute ballet inspired fitness workout to target hips, thighs and core with movements that also include the entire body! You do not need to be a dancer to enjoy Barre. A low impact workout that will leave you feeling leaner, longer and stronger in no time.
X TRAIN	Total Body Fitness – 30 Minute concentrated workouts sure to fit everyone's hectic schedule. Please see XTRAIN schedule for weekly workouts.
CARDIO BOXING	Unleash your fighter spirit in this powerful workout taking boxing to a whole new level!
HITT	Bring your energy for this 3 in 1 Hiit workout! The class is broken into three blocks. Block 1 Body Weighted Core, Block 2 Cardio, Block 3 Rip Strength like our RIP classes. Each block offers the body unique challenges to burn calories, change body compensation and gain mobility and strength.
LIFT AND SHRED	A modified approach to Body Shred with an emphasis on body toning and calorie burning.
HARD CORE CONDITIONING	Redefine and regenerate your body with Summits first ever metabolic conditioning program. An intense muscle and cardio focused workout with a strong focus on challenging both strength, stability and core. Reap the benefits of this ultimate calorie-burning workout!
BODYSCULPT	Reshape and redefine your body in Bodysculpt. A 45 minute total body workout that tightens and tones the upper body, abs & back and hips and thighs with a special emphasis on core.
RIP training	This workout caters to all fitness levels by keeping it simple with athletic movements such as squats, lunges, chest presses and biceps curls. Traditional strength exercises matched with music for a fun way to train.
STEP N SCULPT	The hottest workout right now in California. Join our step n sculpt instructors today and get the body you want in half the time! Cardio, core and strength packed into one energetic, results oriented workout.
STEP CARDIO	This step class is for all levels; new and experienced. Great cardio, great calorie burning, great music and great fun!
STEP BLAST	<u>An advanced step class ideal for individuals with step experience.</u> Take your stepping to the next level in this choreographed step workout. Marilyn's creative combo's will keep you coming back for more!
YOGA	Our instructors teach easy-to-follow yoga poses with lots of careful instruction. You'll get the flexibility & relaxation benefits with an emphasis on enjoying the moves, not perfecting each pose. Ideal for first timers and experienced participants.

SPINNING NOW INCLUDED IN SOME GROUP FIT MEMBERSHIPS – INQUIRE AT FRONT DESK!