

# SUMMIT FITNESS CLUB

# Group Fit Schedule JUNE 2024

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 am	<b>SPIN</b> Annie		<b>SPIN</b> Trisha		<b>SPIN</b> Howard	
8:10 am						8:10 <b>Activate</b> Pascale
8:45 am		<b>RIP</b> Natalie	<b>Activate</b> Marilyn			
9:00 am	<b>Total Step</b> Marilyn			<b>Step Cardio</b> Marilyn	<b>RIP</b> Natalie	9:10 <b>SPIN</b>
9:50 am		<b>Pure Tone</b> Marilyn		<b>Pure Tone</b> Marilyn/Howard		
10:00	<b>RIP</b> Lisa		<b>Yoga</b> Angie		10:15 am <b>Yoga</b> Angie	10:10 <b>Step Cardio</b> Chantal
11 am	<b>Yoga</b> Kim	<b>FWL</b> Cathy		<b>FWL</b> Cathy		11:00 <b>RIP</b> Chantal
12:10 pm		<b>Powerful</b> Sharon	12:10 – 1 pm <b>Yoga</b> Lisa	<b>Powerful</b> Sharon		<b>CLASS CANCELLATIONS</b>  Total Step at 9 am Monday June 17  FWL at 11 am Thursday June 6  Powerful at 12:10 pm June 25 and 27
4:00 pm	<b>Activate</b> Pascale		<b>Activate</b> Pascale		<u>SATURDAY SPIN</u>  June 1 – Howard June 8 – Abi June 22 – Trisha June 15, 29 - Abi	
4:15 pm						
5:15 pm				<b>RIP</b> Chantal		
5:30 pm		<b>SPIN</b> Trisha	<b>SPIN</b> Trisha			
6:00 pm	<b>RIP</b> Chantal					
6:15 pm				<b>ZUMBA</b> Idalia		
6:30 pm		<b>RIP</b> Chantal	<b>RIP</b> Chantal			
7:00 pm	<b>Yoga</b> Kim					

<b>PURE TONE</b>	A total body workout to reshape and redefine your body with a focus on strength endurance, power and core! Encouraging coaching, motivating moves and great music!
<b>RIP</b>	Rip strength takes cutting-edge training and combines it with powerful music and inspirational coaching. A total body workout to shape and tone the entire body.
<b>POWERFUL</b>	Results driven strength training workout utilizing barbells, weight plates and body weight.
<b>ACTIVATE</b>	A simple athletic program drawing from all four elements of fitness: cardio, strength, balance and flexibility.
<b>TOTAL STEP</b>	Burn calories, tone hips and thighs! Cardio, core and strength packed into one energetic, results oriented workout. No step experience necessary! Arrive early to set up.
<b>STEP CARDIO</b>	Pump your cardio and tone up your lower body! Step experience recommended for the Thursday 9 am class.
<b>YOGA</b>	Our instructors teach easy-to-follow yoga poses with lots of careful instruction so all levels of yoga experience can enjoy! Relaxation and flexibility benefits.
<b>SPIN</b>	Indoor cycling with heart pounding music, excellent coaching and a welcoming atmosphere! We make spin class the highlight of your day
<b>FWL</b>	Freedom Weight Loss - open to all GF members. Movement and strength conditioning.
<b>ZUMBA</b>	Zumba Fitness Dance Party every Thursday night!

