

SUMMIT FITNESS CLUB

Group Fit Schedule MARCH 2024

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 am	<b>SPIN</b> Annie		<b>SPIN</b> Annie		<b>SPIN</b> Annie	
8:10 am					7:45 am <b>Spin</b> Marilyn	8:10 <b>Activate</b> Pascale
8:45 am		<b>RIP</b> Natalie	<b>Spin</b> Marilyn			
9:00 am	<b>Total Step</b> Marilyn/Deb			<b>Step Cardio</b> Marilyn	<b>RIP</b> Natalie	9:10 <b>SPIN</b> Annie/Abi
9:50 am		<b>Pure Tone w Power</b> Marilyn		<b>Pure Tone</b> Marilyn/Nat		
10:00	<b>RIP</b> Lisa/Shawna		<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> Natalie		11:00 <b>RIP</b> Chantal
12:10 pm		<b>Powerful</b> Sharon/Pascale	12:10 – 1 pm <b>Yoga</b> Lisa	<b>Powerful</b> Sharon/Pascale		<u>CANCELLED CLASSES</u>  Yoga Wednesday March 13 at noon Spin Tuesday and Wednesday, March 12 & 13 at 5:30 pm  Marilyn's holiday class cancellations: Spin on Wednesday & Friday from March 15 – 29. Pure Tone Tuesday March 19 & 26 at 9:50 am Step Cardio at 9 am Thursday March 21 & 28
4:00 pm	<b>Activate</b> Pascale		<b>Activate</b> Pascale			
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					

PURE TONE	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!
RIP	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.
POWERFUL	Results driven strength training workout utilizing barbells, weight plates and body weight.
ACTIVATE	A simple athletic program drawing from all four elements of fitness: cardio, strength, balance and flexibility.
TOTAL STEP	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.
STEP CARDIO	Pump your cardio and tone up your lower body! Step experience recommended for the Thursday 9 am class.
YOGA	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.
SPIN	Indoor cycling with heart pounding music, excellent coaching and a welcoming atmosphere! We make spin class the highlight of your day
FWL	Freedom Weight Loss - open to all GF members. Movement and strength conditioning.
ZUMBA	Zumba Fitness Dance Party every Thursday night!

