

SUMMIT FITNESS CLUB GROUP FITNESS

DECEMBER SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00	Cardio Core Marilyn L1	Step Blast Marilyn L2	Cardio Core Marilyn L1	Step n Sculpt Marilyn L1		
9:15					30 Minute Cardio Debbie L1	
9:45	RIP training Shawna L1	Body Sculpt Marilyn L1		Body Sculpt Marilyn L1	XTRAIN Marilyn L1	
10:00			Yoga Angie L1			Step 2 L2
10:35	Yoga Lydia L1	Lift and Shred Lydia L1			Yoga Angie L1	
10:45						RIP training L1
11:35						Yoga Angie L1
4:30	Body Shred Lydia L1 & 2			Body Shred Lydia L1 & 2		CLASS CHANGES No Xtrain Dec 21 Cardio Core Dec 12 will be Lift and Shred SATURDAY INSTRUCTORS Dec 1 Carrie Dec 8 Shawna Dec 15 Lisa Dec 22 & 29 Chantal
5:00	Step 2 Shawna L2	Hard Core Conditioning Lisa L2	Step n Sculpt Chantal L1			
5:15				RIP training Shawna L1		
6:00	RIP training Shawna L1	Yoga Angie L1	RIP training Lisa L1	ZUMBA Idalia L1		
7:00	Yoga Kim L1		Yoga Lisa L1			

L1 (level 1) = Moderate
(for everyone)
L2 (level 2) =
Challenging/Advanced
(for experienced and fit
participants)

Tel: 613-930-2445
www.summitfitnessclub.ca


31 Weekly Classes

All classes, times, and
instructors subject to
change and/or
cancellation on short
notice



NEW CLASSES TO HELP YOU GET THE RESULTS YOU WANT!

All group fitness members at Summit have the unique opportunity of accessing unlimited class and unlimited access to the cardio room and gym. Stepping is a new skill... so be patient, be persistent and you will find that once you learn how to step you will truly enjoy this exciting way to stay in shape. It may take a few weeks to feel comfortable so give yourself the time you need.

<p>NEW BODY SHRED</p>	 <p>A 30 minute high intensity endurance based workout combining intervals of 3 minutes of strength, 2 minutes abs and 1 minute core to get you lean and fit! All movements modified for various fitness levels L1 and L2</p>
<p>X TRAIN</p>	<p>Total Body Fitness – 30 Minute concentrated workouts sure to fit everyone's hectic schedule. Please see XTRAIN schedule for weekly workouts.</p>
<p>LIFT AND SHRED</p>	<p>A modified approach to Body Shred with an emphasis on body toning and calorie burning. L1</p>
<p>30 MINUTE CARDIO</p>	<p>All Cardio! All Fun! A 30 minute time efficient cardio workout to burn calories and increase metabolism. L1</p>
<p>CARDIO CORE</p>	<p>Cardio Core is a high-energy workout combining floor cardio with core and overall body strengthening moves. Come get your heart rate up and improve core and full body tone and strength! All fitness levels welcome! L1</p>
<p>STEP N SCULPT</p>	<p>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. L1</p>
<p>HARD CORE CONDITIONING</p>	<p>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! L2</p>
<p>RIP Training</p>	<p><i>GET RIPPED!</i> Get the muscle definition you've always wanted! The RIP program uses exercises from traditional strength training and matches movement to music to create a simple, fun, and effective way to strength train. Get ripped as you work above and below the waist as well as chiseling your Core! L1</p>
<p>BODYSCULPT</p>	<p>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. L1</p>
<p>STEP 1</p>	<p>This moderate step class is ideal for beginner steppers. Experienced steppers can also join in the fun. This class is designed to teach new steppers stepping technique and to enjoy a good cardio workout. L1</p>
<p>STEP 2</p>	<p>Step experience is a plus if you attend this workout. The ultimate step workout that will burn calories to the max. Our instructors will take you from simple steps to advanced steps using propulsion moves and innovative, creative combinations. L2</p>
<p>STEP BLAST</p>	<p>Ideal for individuals with step experience. Take your stepping to the next level in this choreographed step workout. Marilyn's creative combo's will keep you coming back for more! L2</p>
<p>YOGA</p>	<p>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. L1</p>
<p>ZUMBA/ZUMBA TONING/ZUMBA STRONG</p>	<p>Ditch the workout, Join the party! A total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class. New! Zumba Strong – check poster for dates.</p>

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