

# SUMMIT FITNESS CLUB GROUP FITNESS

# JANUARY SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00	<b>Cardio Core</b> Marilyn L1	<b>Step Blast</b> Marilyn L2	<b>Cardio Core</b> Marilyn L1	<b>Step n Sculpt</b> Marilyn L1		
9:15					<b>30 Minute Cardio</b> Debbie L1	
9:45	<b>RIP training</b> Shawna L1	<b>Body Sculpt</b> Marilyn L1		<b>Body Sculpt</b> Marilyn L1	<b>XTRAIN</b> Marilyn L1	
10:00			<b>Yoga</b> Angie L1	<b>Yoga</b> Mark L1		<b>Step 2</b> L2
10:35	<b>Yoga</b> Lydia L1	<b>Lift and Shred</b> Lydia L1			<b>Yoga</b> Angie L1	
10:45						<b>RIP training</b> L1
11:35						<b>Yoga</b> Angie L1
4:15			<b>Insanity</b> Alexina L1 & 2			
4:30	<b>Body Shred</b> Lydia L1 & 2			<b>R.i.p.e.d</b> Alexina L1 & 2		<b>Saturday Step &amp; RIP</b> January 5 - Shawna January 12 - Lisa January 19 - Chantal January 26 - Carrie
5:00	<b>Step 2</b> Shawna L2	<b>Hard Core Conditioning</b> Lisa L2	<b>Step n Sculpt</b> Chantal L1			
5:15				<b>RIP training</b> Shawna L1		
6:00	<b>RIP trainig</b> Shawna L1	<b>Yoga</b> Angie L1	<b>RIP training</b> Lisa L1	<b>ZUMBA</b> Idalia L1		
7:00	<b>Yoga</b> Kim L1	<b>Strong by Zumba</b> Idalia L1	<b>Yoga</b> 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](http://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.

SUMMIT FITNESS CLUB GROUP FITNESS	Class Description
<b>NEW BODY SHRED</b>	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
<b>X TRAIN</b>	Total Body Fitness – 30 Minute concentrated workouts sure to fit everyone's hectic schedule. Please see XTRAIN schedule for weekly workouts.
<b>LIFT AND SHRED</b>	A modified approach to Body Shred with an emphasis on body toning and calorie burning. L1
<b>30 MINUTE CARDIO</b>	All Cardio! All Fun! A 30 minute time efficient cardio workout to burn calories and increase metabolism. L1
<b>CARDIO CORE</b>	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
<b>STEP N SCULPT</b>	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
<b>HARD CORE CONDITIONING</b>	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
<b>RIP Training</b>	<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
<b>BODYSCULPT</b>	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
<b>STEP 1</b>	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
<b>STEP 2</b>	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
<b>STEP BLAST</b>	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
<b>R.I.P.P.E.D.</b>	The One Stop Body Shock! Ripped combines resistance, intervals, power, plyometrics, and endurance for a balanced full body workout – come prepared to sweat! L2
<b>INSANITY</b>	Insanity will push you to work at your absolute best! A total body workout giving you the results you are looking for. L2
<b>YOGA</b>	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
<b>ZUMBA/Toning/Strong</b>	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.