

SUMMIT FITNESS CLUB GROUP FITNESS

SEPTEMBER 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					40 Minute Cardio Debbie L1	
9:45	RIP training Shawna L1	Body Sculpt Marilyn L1		Body Sculpt Marilyn L1		
10:00			Yoga Angie L1		XTRAIN Marilyn L1	Step 2 L2
10:35	Yoga Lydia L1			Yoga Mark L1	Yoga Angie L1	
10:45						RIP training L1
11:15			Lift and Shred Amanda L1			
11:35						Yoga Angie L1
4:15			Insanity Alexina L1 & 2	Insanity Alexina L1 & 2		Saturday Step & RIP Instructor Schedule Sept 7 – Carrie Sept 14 – Chantal Sept 21 – Shawna Sept 28 - Chantal
5:00	Step 2 Shawna L2	Hard Core Conditioning Lisa Starts @ 5:05 L2	Cardio Boxing Chantal L1			
5:15				HIIT Shawna L1		
6:00	RIP trainig Shawna L1	Barre Lisa L1	RIP training Lisa L1	Zumba Idalia L1		
6:35		Strong by Zumba Idalia L1				
7:00	Yoga Kim L1		Yoga Tish L1			

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

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

30 Weekly Classes

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



GET THE RESULTS YOU WANT WITH GROUP FIT!

All group fitness members at Summit have the unique opportunity of accessing unlimited class and unlimited access to the cardio room and gym.

SUMMIT FITNESS CLUB GROUP FITNESS	Class Description
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. L1
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! For all fitness levels
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. L1 - 2
LIFT AND SHRED	A modified approach to Body Shred with an emphasis on body toning and calorie burning. L1
40 MINUTE CARDIO	All Cardio! All Fun! A 40 minute time efficient cardio workout to burn calories and increase metabolism. L1
CARDIO CORE	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
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. L1
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! L2
RIP Training	<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
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. L1
STEP 1	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
STEP 2	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
STEP BLAST	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
INSANITY	Insanity will push you to work at your absolute best! A total body workout giving you the results you are looking for. L2
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. L1 Wednesday night yoga 7 – 7:55 pm.
ZUMBA/Toning/Strong	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.

