

## Class Descriptions



This 60 minute barbell program strengthens all your major muscles in an inspiring, motivating group environment with fantastic music and awesome instructors. With simple, athletic movements such as squats, lunges, presses and curls. This class is for all ages and fitness levels. Discover results!



Discover new heights with Body Step! Utilizing the step in many positions & heights, this compelling 60 min cardio program strengthens and shapes the lower body one step at a time. Energetic music and motivating instructors create this spunky group experience. Step into this great class!



An addictive fusion of the latest dance style and hottest new sounds that puts the emphasis as much on having fun as breaking a sweat. Our funky instructors will teach you to move with an attitude!

### Spinning

Ready to have some fun, burn fat, and build muscle? Become one with your bike in this motivating and challenging indoor cycling class! Great music & fun instructors make this class an experience that you won't want to miss!

### Pilates/Yoga Fusion

We combine the best of both. We work on your flexibility w/stretching from yoga, core strength from pilates and fuse it together. You'll leave feeling stronger, balanced, energized, and relaxed. A very user friendly class! All levels are welcome.

### Total Body Conditioning

A total body conditioning class utilizing the stability balls, body bars, dumbbells and bands. The class is great for all individuals from a beginner to group fitness enthusiast - works on strength, balance and flexibility!

### Vinyasa Yoga

Gain a new sense of body-mind strength that radiates from the inside out. Vinyasa Flow sequences will work every part of your body. Bring your towel and enjoy this energizing class.

### Power Yoga

A vigorous flowing class, which focuses on strength, balance and flexibility. You will be encouraged to breath, connect with your core and feel yourself become stronger and centered. A towel and water bottle are recommended.

### Pilates

A wonderful method of body conditioning that strengthens, and tones muscles, improves posture, provides flexibility and balance. Try taking your core conditioning up a notch with our **Power Pilates** class.

### Kick Boxing

Kick boxing is a mix of martial arts and boxing combinations that will elevate your cardio fitness and self confidence to the next level. Awesome music, motivating instructors and an inspiring team environment will have you punching and kicking your way to the results you want!

### Spin Yoga

The best of both classes! 45 minutes of a great spin class, followed by 30 minutes of yoga! The yoga positions chosen will increase your flexibility and give you a nice stretch after your spinning! it is a perfect combo!

summit news...



### Sports Circuit

An highly intense full body workout that will test your cardiovascular and muscular endurance and push you harder then you have been pushed before. Two 30 minute circuits, you are welcome to stay for half the class if one is enough. Great for working on a flat stomach or 6 pack abs. Men and women welcome. Water bottles recommended.



Define your body with this highly effective, and super intense workout! Using Dumbbells, steps, and other equipment you will do mini circuits that work on strength, endurance, core control and power. Each mini circuit involves a lower body exercise, an upper body exercise and a power/plyometric drill.

This one hour, multiple level class is great to add some unexpected challenges to your routine and prepare you for winter activities! It will focus on lower body strength and enhance your power to carve those turns, navigate through moguls or skate around the rink with speed! This class includes a cardiovascular component as well as balance work for joint stabilization and core stability too. Experience medicine balls, agility training, dynamic stretching and strength conditioning.

### ...Sunday Spin! (Rotating Instructor Schedule)

2.7.10  
2.14.10  
2.21.10  
2.28.10

Ayla **Superbowl Spin!**  
Lisa **Valentines Day Spin!**  
Barbara  
Lorrie

### ...Sunday Yoga! (Rotating Instructor Schedule)

2.7.10  
2.14.10  
2.21.10  
2.28.10

Ginger  
Asha  
Ginger  
Asha

### summit health + fitness hours

Monday - Friday 5:00 am - 9:30 pm  
Saturday 7:00 am - 6:00 pm  
Sunday 7:00 am - 6:00 pm

