

SUMMIT FITNESS CLUB

Group Fit Schedule OCTOBER 2025

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 am	SPIN Aimie, Howard		SPIN Aimie, Trisha, Howard		SPIN Aimie, Howard	
8:30 am			SPIN Marilyn			<u>8:10</u> Activate Pascale
9:00 am	Total Step Marilyn	9:30 am RIP Marilyn		Step Cardio Marilyn	RIP Josee	<u>9:10</u> SPIN
9:50 am				RIP Marilyn		
10:00	RIP Lisa		Yoga Angie		10:15 am Yoga Angie	<u>10:10</u> Step Cardio Chantal
11 am	Yoga Kim	10:45 am Ageless Strength Cathy		Ageless Strength Cathy		11:00 RIP Chantal
12:10 pm	Pilates Sharlene, Tish	Powerful Sharon	12:10 – 1 pm Yoga Lisa	Powerful Sharon	Pilates Plus Sharlene, Tish	<u>SATURDAY SPIN</u> October 4 – Howard October 11 - Annie October 18 – Howard October 25 – Annie
4:00 pm	Activate Pascale		Activate Pascale		No Classes Thanksgiving Monday	
4:15 pm		Pilates Sharlene, Carrie				
5:15 pm	Move 30 Chantal			RIP Chantal		
5:30 pm		SPIN Trisha	SPIN Trisha, Aimie			
6:00 pm	RIP Chantal					
6:15 pm				ZUMBA canceled temporarily		
6:30 pm		RIP Chantal	RIP Chantal			
7:00 pm	Yoga Kim					

PILATES & PILATES PLUS	Transform your body with balance, strength and flexibility. Build core, improve posture, enhance body awareness in Pure Pilates and strength in Pilates Plus!	<u>CLASS CANCELLATIONS & ADJUSTMENTS</u> <u>Cancelled Classes</u> Zumba cancelled temporarily for October Pilates cancelled October 17 <u>Pilates</u> October 20 will be a Yogalates class with Tish <u>Pilates Plus</u> October 24 will be a traditional mat Pilates class with Tish
MOVE 30	This express workout is a perfect fit for those on the go looking for a full body workout after work so you can get home faster.	
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!	
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	
AGELESS STRENGTH	This inclusive class brings movement and strength conditioning for all levels and abilities.	
ZUMBA	Zumba Fitness Dance Party every Thursday night!	