

Athletic Conditioning

Participants are challenged in this class to push themselves, building physical endurance and lean muscle. You'll work the entire body, using drills, equipment and techniques designed to boost strength and agility.

Barbell Strength

Challenge your muscles, joints and balance while building strength and muscular endurance in this class designed for all fitness levels.

Barre Core Sculpt

Based on the methods of ballet barre exercises, small muscle isolation and unique angled range-of-motion exercises with multiple repetitions using light weights, resistance bands, chairs and gravity. Body shaping moves for your legs, abs, butt, hips, thighs & arms!

Boot Camp

A full body fitness boot camp incorporating traditional callisthenic and body weight exercises with cardio interval training and strength training.

Butts & Guts

An amazing, energizing workout! This class uses sports drills and calisthenics for speed, agility & power. High Intensity! Butts & Guts is a Boot Camp specifically designed for your abs & glutes!

Core Express

A complete core workout for your abdominals, spine, and hips. Various modalities and equipment are used including: BOSU, Pilates, Balls, Gliders, Pilates Rings, Resistance Bands and free weights.

Cycle/ Cycle Express

An indoor cycling class, which combines basic cycling movements along with motivational coaching from an instructor. Interval training, climbs, sprints and flat rides are offered with great music and lots of fun!

Pilates

Classical and BASI Trained; Olivia teaches an hour-long, full body Pilates class. Based on the 10 Pilates principles, this class is designed to connect to your body for more depth, greater range of motion, long muscles and breath work designed to get you deeper in to your body.

Silver Challenge

A dynamic and advanced menu of strength training and sustained aerobic conditioning exercises for the experienced athletes who are ready for a more challenging Silver Fitness offering.

Silver Fitness

Fitness classes designed specifically for the needs of seniors. Strength, Flexibility, Core Strength, Balance & Endurance.

Strength & Condition

In this class you develop muscle endurance and definition as you learn the proper form and techniques using weights, bands, benches, with cardio intervals intermixed with core strength segments.

Step & Strength

This specialty class offers traditional step routines for an amazing and effective aerobic workout an added plus: An efficient weight workout.

Zumba!

Zumba is a fusion of Latin & international dance themes that create a dynamic effective fitness workout. A "Feel Happy" class that is fun & easy to do! Come join us for a fantastic workout while dancing the hour away to current dance styles.

Yamuna Body Rolling®

This YBR® class is a self-massage class using various size and density balls. We will work to relieve stress and tension in fascia, tendons and muscles, helping to reduce injuries and enhance recovery after workouts. All ages and abilities are welcome, and no experience is necessary. Wear tight clothes and tie long hair back. This is a wonderful compliment to all activities and feels great!

Yin Yoga

A very distinct style of yoga that stretches the connective tissue rather than conditioning the muscles, while holding a deep stretch for several minutes. Some believe that yin yoga is the oldest form of hatha yoga.

Restorative Yoga

A very gentle and relaxing hour of supported yoga poses on the floor. The only thing you'll have to do is find your breath and allow your body to surrender any stress or tension

All Levels Yoga

Dynamic class with an emphasis on alignment, breath, strength, and flexibility. Come prepared to focus on your body, mind & spirit. This hatha yoga class offers traditional yoga poses in flowing sequences called vinyasa. This practice allows you to gain flexibility, improve posture & alignment and reduce stress.



Summit Fitness & Mountain Heart Wellness

Class Descriptions

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