


SUMMIT GROUP FIT - SEPTEMBER

	 TIME CHANGE/ INSTRUCTOR CHANGE	➔ NEW ONGOING CLASS	✗ SPECIALTY CLASS	AEROBICS ROOM DOWNSTAIRS	YOGA STUDIO UPSTAIRS	CYCLE CLASSES IN CYCLE STUDIO UPSTAIRS	
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30	STRENGTH & CONDITIONING STACI (45)		STRENGTH & CONDITIONING STACI (45)				LABOR DAY ALL CLASSES ARE CANCELED EXCEPT FOR: 10:30AM SILVER FITNESS Neal 11:45 BARRE CORE Candice 12:05 CYCLE Elizabeth
5:45		CYCLE CAMIE (45)			CYCLE CAMIE (45)		
8:15						CYCLE JEFF (45)	
9:00	BARBELL STRENGTH PATTY (55)	SILVER CHALLENGE HEATHER (60)	STRENGTH & CONDITIONING DANIELLE (55)	SILVER CHALLENGE ELAINE (60)	STRENGTH & CONDITIONING PATTY (55)	CORE EXPRESS CANDICE/JEFF (30)	
9:00	ALL LEVELS YOGA WENDY (75)		ALL LEVELS YOGA WENDY (75)		✗ PILATES CORE YOGA CANDICE (60) SEPT 8th & 22nd ONLY		
9:15		CYCLE PATTY (45)		CYCLE PATTY (45) NO CLASS SEPT 14			
9:30						YIN YOGA JAN (60) ZUMBA! KAREN (60)	
9:30							
10:00		CORE EXPRESS PATTY (30)		CORE EXPRESS PATTY (30) NO CLASS SEPT 14			
10:30	SILVER FITNESS JAN (60)		SILVER FITNESS JAN (60)		SILVER FITNESS JAN (60)	SATURDAY SPECIALTY CLASSES 10:30	
11:45	BARRE CORE SCULPT JAN (60)		BARRE CORE SCULPT JAN (60)		BARRE CORE SCULPT JAN (60)	✗ SEPTEMBER 2 STEP AEROBICS NEAL (60)	
12:05	CYCLE ELIZABETH (45)		CYCLE NEAL/PATTY (45)		CYCLE ANIKA (45)	✗ SEPTEMBER 9 BOLD & COMPOSED CANDICE (60)	
12:15		BOOTCAMP DEDRICK (45)		BOOTCAMP DEDRICK (45)			
4:00		YAMUNA BODY ROLLING CHRISTINE (60)				✗ SEPTEMBER 2 STEP AEROBICS NEAL (60)	
4:30	YOGA SEAN (60)		YOGA SEAN (60)			✗ SEPTEMBER 23 WILLPOWER & GRACE PATTY (60)	
5:00	CORE EXPRESS JEFF (30)	CYCLE LEAH (60)	CORE EXPRESS STAFF (30)			✗ SEPTEMBER 30 BODY GROOVE JAN (60)	
5:15		INSANITY! DANIELLE (55)					
5:30	ZUMBA! PAOLA (60)		ZUMBA! SUZIE (60)	✗ ATHLETIC CONDITIONING ELIZABETH (60) SEPT 7 & 14 ONLY	✗ ZUMBA! MEGAN (60) 22 & 29TH ONLY		
5:30			CYCLE CASSIE (45)	✗ STEP AEROBICS NEAL (60) SEPTEMBER 21 ONLY			
5:45	CYCLE JEFF (45)						
6:30	BUTTS & GUTS DEDRICK (45)	BOXING DEDRICK (60)	BOOT CAMP LUCY (45)				
							4-5:15pm EASY SUNDAY YOGA SEPTEMBER 3 YIN YOGA WENDY WETZEL SEPTEMBER 10 YIN YOGA EMILY DAVALOS SEPTEMBER 17 RESTORATIVE YOGA EMILY McROBBIE SEPTEMBER 24 RESTORATIVE YOGA EMILY McROBBIE