

















SUMMIT GROUP FIT SCHEDULE - JUNE

	 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)				
5:45		CYCLE PETE/CAMIE (45)			CYCLE PETE/CAMIE (45)		
8:15						CYCLE KIM/JEFF (45)	
9:00	BARBELL STRENGTH PATTY (55)	SILVER CHALLENGE KIM/JAN (60)	STRENGTH & CONDITIONING DANIELLE (55)	SILVER CHALLENGE ELAINE (60)	STRENGTH & CONDITIONING KIM/CHRISTINA (55)	CORE EXPRESS EXPRESS KIM/JEFF/CANDICE (30)	
9:00	ALL LEVELS YOGA WENDY (75)		 ALL LEVELS YOGA CHRISTINA (60)		 PILATES CORE YOGA CANDICE (60) JUNE 15 & 26TH ONLY		
9:15		CYCLE PATTY (45)		CYCLE KIM/PATTY (45)			
9:30						YIN YOGA JAN (60)	
10:00	 SILVER FITNESS JAN (60)	CORE EXPRESS KIM/PATTY (30)	SILVER FITNESS CHRISTINA (60)	CORE EXPRESS KIM/PATTY (30)	SILVER FITNESS KIM/CHRISTINA (60)		
10:30						ZUMBA! KAREN (60)	
11:15			 The willPower Method PATTY (45)				
11:45	 BARRE CORE SCULPT JAN (60)				 BARRE CORE SCULPT JAN (60)		
12:00			 BARRE CORE SCULPT JAN (60)				
12:05	CYCLE ELIZABETH (45)		CYCLE KIM (45)		CYCLE ANIKA (45)		
12:15		BOOT CAMP DEDRICK (45)		BOOT CAMP DEDRICK (45)			
4:00							
4:30	 YOGA SEAN (60)		 YOGA SEAN (60)				4-5:15pm EASY SUNDAY YOGA JUNE 4
5:00	CORE STRENGTH REYNA (30)	CYCLE LEAH (60)	CORE STRENGTH KIM (30)	CYCLE EXPRESS JENNIFER (30)			GENTLE YOGA WENDY WEITZEL JUNE 11
5:15		INSANITY! DANIELLE (55)					RESTORATIVE YOGA EMILY McROBBIE JUNE 18
5:30	ZUMBA! PAOLA (60)		 ATHLETIC CONDITIONING ELIZABETH (60) NO CLASS JUNE 28	ZUMBA! REYNA (60)	 ZUMBA! MEGAN (60) JUNE 23rd ONLY		YIN YOGA EMILY DAVALOS JUNE 25
5:30		HOT YOGA REYNA (60)					GENTLE YOGA CANDICE PORTEN
5:30	CYCLE JEFF (45)		CYCLE JENNIFER (45)				
6:30	 BUTTS & GUTS DEDRICK (45)	BOXING DEDRICK (60) NO CLASS JUNE 6	 BOOT CAMP DEDRICK (45)				