









SUMMIT GROUP FIT SCHEDULE - AUGUST

	 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 CAMIE (45)			CYCLE CAMIE (45)		
8:15						CYCLE JEFF (45)	
9:00	BARBELL STRENGTH PATTY (55)	SILVER CHALLENGE NEAL (60)	STRENGTH & CONDITIONING DANIELLE (55)	SILVER CHALLENGE ELAINE (60) NO CLASS AUGUST 24	STRENGTH & CONDITIONING PATTY (55)	CORE EXPRESS CANDICE/JAN (30)	
9:00	ALL LEVELS YOGA WENDY (75)	YAMUNA BODY ROLLING CHRISTINE (60) NO CLASS AUGUST 1 & 22	ALL LEVELS YOGA WENDY (75)		✗ PILATES CORE YOGA CANDICE (60) AUGUST 11 ONLY		
9:15		CYCLE PATTY (45)		CYCLE PATTY (45) NO CLASS AUGUST 24			
9:30						YIN YOGA JAN (60)	
9:30						 ZUMBA! KAREN (60)	
10:00		CORE EXPRESS PATTY (30)		CORE EXPRESS PATTY (30) NO CLASS AUGUST 24			
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)	AUGUST 5 STEP AEROBICS NEAL (60)	
12:05	CYCLE ELIZABETH (45)		CYCLE NEAL/PATTY (45)		CYCLE ANIKA (45)	AUGUST 12 willPower Method JAN (60)	
12:15		BOOTCAMP DEDRICK (45)		BOOTCAMP DEDRICK (45)			
4:00						AUGUST 19 STEP AEROBICS NEAL (60)	
4:30	YOGA SEAN (60)		YOGA SEAN (60)				4-5:15pm EASY SUNDAY YOGA
5:00	CORE EXPRESS JEFF (30)	CYCLE LEAH (60)	CORE EXPRESS ELIZABETH/JAN (30)			AUGUST 26 BODY GROOVE JAN (60)	AUGUST 6 GENTLE YOGA CANDICE PORTEN
5:15		INSANITY! DANIELLE (55) NO CLASS AUGUST 15					AUGUST 13 RESTORATIVE YOGA EMILY McROBBIE
5:30	ZUMBA! PAOLA (60)		 ZUMBA! SUZIE (60)	 ATHLETIC CONDITIONING ELIZABETH (60) NO CLASS AUGUST 24	✗ ZUMBA! MEGAN (60) AUGUST 4 ONLY		AUGUST 20 RESTORATIVE YOGA EMILY McROBBIE
5:30			 CYCLE CASSIE (45)	 CYCLE NEAL (60)			
5:45	CYCLE JEFF (45)						
6:30	BUTTS & GUTS DEDRICK (45)	BOXING DEDRICK (60)	BOOT CAMP DEDRICK (45)				AUGUST 27 GENTLE YOGA CANDICE PORTEN