

SUMMIT GROUP FIT SCHEDULE - MAY

	☀️ 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	
5:30	STRENGTH & CONDITIONING STACI (45)		STRENGTH & CONDITIONING STACI (45)				<p>FREE Specialty Classes in MAY</p> <p>Triathlon Training Clinic Saturday, MAY 20 9:45-11am</p> <p>Join Elizabeth for a 75 minute class where participants will focus on upper body strengthening using bands and resistance techniques building muscle and form for the swim, exercises and running drills that engage and challenge quads, hamstrings, calves and glutes plus heart-pounding cycling intervals on the bike. We'll start in the aerobics room, but be prepared to use the spin bikes later in class. For athletes who have questions about competing in a triathlon, Elizabeth can provide information and tips having competed in over 30 triathlon races.</p>
5:45		CYCLE PETE/CAMIE (45)			CYCLE PETE/CAMIE (45)		
8:15						CYCLE KIM (45)	
9:00	BARBELL STRENGTH PATTY (55)	SILVER CHALLENGE KIM (60)	STRENGTH & CONDITIONING DANIELLE (55)	SILVER CHALLENGE ELAINE (60)	STRENGTH & CONDITIONING KIM (55)	PILATES CORE EXPRESS KIM (30)	
9:00	ALL LEVELS YOGA WENDY (75)		ALL LEVELS YOGA LISA H. (75)				
9:15		CYCLE PATTY (45)		CYCLE KIM (45)			
9:30						YIN YOGA JAN (60)	
9:30						✗ BOLD & COMPOSED CANDICE (60) MAY 13th ONLY	
10:00	SILVER FITNESS CHRISTINA (60)	PILATES CORE EXPRESS KIM (30)	SILVER FITNESS CHRISTINA (60)	☀️ PILATES CORE EXPRESS KIM (30)	SILVER FITNESS KIM (60)	✗ TRIATHLON TRAINING CLINIC ELIZABETH (75) 9:45-11am MAY 20th ONLY	
10:30						ZUMBA! KAREN (60)	
11:15	The willPower Method PATTY (45)						
12:05	BARRE CORE SCULPT JAN (45)		BARRE CORE SCULPT JAN (45)	✗ PILATES CORE YOGA CANDICE MAY 4th ONLY	BARRE CORE SCULPT JAN (45)		
12:05	CYCLE ELIZABETH (45)		CYCLE KIM (45)		CYCLE ANIKA (45)		
12:15		BOOT CAMP DEDRICK (45)		BOOT CAMP DEDRICK (45)			
4:00							
5:00	CORE STRENGTH REYNA (30)	CYCLE LEAH (60)	CORE STRENGTH KIM (30)	CYCLE EXPRESS JENNIFER (30)			
5:15		INSANITY! DANIELLE (55)					
5:30	ZUMBA! PAOLA (60) NO CLASS MAY 29th		✗ ATHLETIC CONDITIONING ELIZABETH (60) MAY 10, 17 & 21 ONLY	ZUMBA! REYNA (60)	✗ ZUMBA! MEGAN (60) MAY 19 & 26th ONLY		
5:30	YOGA SEAN (60)	HOT YOGA REYNA (60) NO CLASS MAY 9th	YOGA SEAN (60)				
5:30	CYCLE JEFF (45)		CYCLE JENNIFER (45)				
6:30	BUTTS & GUTS DEDRICK (60)	BOXING DEDRICK (60)	BOOT CAMP DEDRICK (60)	BOXING DEDRICK (60)			
							<p>BOLD & COMPOSED with Candice Saturday, May 13th 9:30-10:30am</p> <p>PILATES CORE YOGA Thurs May 4th 12:05-12:50am</p> <p>4-5:15pm EASY SUNDAY YOGA MAY 7 GENTLE YOGA CANDICE PORTEN MAY 14 YIN YOGA EMILY DAVALQS MAY 21 YIN YOGA JAN ROMINGER MAY 28 GENTLE YOGA WENDY WETZEL</p>

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