

# OCTOBER GROUP FIT @ SUMMIT FITNESS

			✓ NEW TIME/CLASS OFFERING	AEROBICS ROOM DOWNSTAIRS	YOGA STUDIO UPSTAIRS	CYCLE CLASSES IN CYCLE STUDIO UPSTAIRS	
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30	STRENGTH & CONDITION STACI (45)		STRENGTH & CONDITION STACI (45)				<b>*CYCLE ENDURANCE RIDE WITH ELIZABETH 90 Minutes!</b>  <b>SATURDAY 10/13 8:30-10am</b>
5:45		CYCLE CAMIE (45)		BARBELL STRENGTH PATTY (45)	CYCLE CAMIE (45)		
8:00						*CYCLE ELIZABETH/NEAL (45)	
8:45						STRENGTH & SCULPT KAREN KELLY (45)	
9:00	BARBELL STRENGTH PATTY (60) NO CLASS 10/8	SILVER CHALLENGE KENNA (60)	BODY BLAST CAROL (60)	SILVER CHALLENGE CAROL (60)	BODY BLAST CAROL (60)		
9:00	ALL LEVELS YOGA WENDY (75)		ALL LEVELS YOGA WENDY (75)		YAMUNA BODY ROLLING CHRISTINE (60) NO CLASS 10/12		
9:30						YIN YOGA JAN (60)	
9:30						ZUMBA! KAREN (60) NO CLASS 10/27	
10:30	SILVER FITNESS JAN (60)		SILVER FITNESS JAN (60)		SILVER FITNESS JAN (60)	SMARTER NOT HARDER MARTY (60)	
11:45	BARRE CORE SCULPT JAN (55)		BARRE CORE SCULPT JAN (55)		BARRE CORE SCULPT JAN (55)		
12:05	CYCLE ELIZABETH (45)		CYCLE PATTY (45)		CYCLE ANIKA (45)		
12:15		BOOTCAMP MOLLY (45)		BOOTCAMP MOLLY (45)			
4:30	YOGA SEAN (60)		YOGA SEAN (60)				
4:45			PEAK CONDITIONING GRETA (45) NO CLASS 10/10				
5:00	STRENGTH EXPRESS NEAL (30)						
5:30	ZUMBA! SUZIE (60)	STEP & STRENGTH NEAL (60)	PILATES OLIVIA (60)	STRENGTH & CONDITION DANIELLE (60)			
5:30	RUN & ROW KOREN (60)	ALL LEVELS YOGA EM (60)	CYCLE CASSIE (45) NO CLASS 10/31				
5:45	YAMUNA BODY ROLLING CHRISTINE (60) NO CLASS 10/8						
6:30	BUTTS & GUTS DEDRICK (45)		BOOT CAMP LUCY (45) NO CLASS 10/31				

4-5:15pm  
**EASY SUNDAY YOGA**  
 OCTOBER 7  
 YIN + RESTORATIVE  
 YOGA  
 CAROL PHILLIPS  
 OCTOBER 14  
 YIN + RESTORATIVE  
 YOGA  
 CAROL PHILLIPS  
 OCTOBER 21  
 YIN YOGA  
 EMILY DAVALOS  
 OCTOBER 28  
 YIN YOGA  
 EMILY DAVALOS

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