

# OCTOBER GROUP FIT @ SUMMIT

	O OUTDOOR CLASS MEETS AT FRONT DESK	CYCLE CLASSES IN CYCLE STUDIO UPSTAIRS	MEETS IN AEROBICS ROOM DOWNSTAIRS	MEETS IN YOGA STUDIO	Z ALSO AVAILABLE ON ZOOM	# PLEASE PROVIDE YOUR OWN WRAPS & GLOVES	
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45		CYCLE CAMIE (45)			CYCLE CAMIE (45)		OUTDOOR CLASSES WILL BE CANCELED IF THUNDER OR SNOW STORMS OCCUR  CALL THE FRONT DESK @ 774-3476 FOR UPDATES
8:00						CYCLE NEAL/ ELIZABETH (45)	
9:00	ALL LEVELS YOGA WENDY (45)	Z SILVER CHALLENGE JAN (30)	ALL LEVELS YOGA WENDY (45)	Z SILVER CHALLENGE JAN (45)	Z ALL LEVELS YOGA JAN (45)		
9:30						Z YIN YOGA JAN (45)	
10:00		Z PILATES FUSION JAN (45)		Z PILATES FUSION JAN (45)			SUNDAY YOGA (45)
10:30	Z SILVER FITNESS JAN (45)		Z SILVER FITNESS JAN (45)		Z SILVER FITNESS JAN (45)		
10:45						ZUMBA! KAREN (45)  NO CLASS 10/3 & 10/10	OCTOBER 4 RESTORATIVE YOGA JACQUI FOREMAN IN PERSON & ZOOM
12:05		STRENGTH & CONDITION PATTY (45)					OCTOBER 11 GENTLE YOGA ELIZABETH VOGLER
4:45			O PEAK CONDITIONING GRETA (45)	Z PILATES FUSION KELLY (45)			OCTOBER 18 RESTORATIVE YOGA EMILY McROBBIE ZOOM ONLY
5:30	O STRENGTH & CONDITION ELIZABETH (45)	Z ALL LEVELS YOGA JACQUI (45)					OCTOBER 25 YOGA NIDRA JUDY SPRINGER
5:30	CYCLE EXPRESS KIM (30) BEGINS OCT 12						
6:05	YOGAFIT® EXPRESS KIM (30) BEGINS OCT 12		O BOOT CAMP FELICIA (45)	# KICKBOXING FELICIA (45) OCT 15 ONLY (INDOORS)			

CLASS DESCRIPTIONS ARE ON THE BACK

CLASSES, DAYS TIMES ARE SUBJECT TO CHANGE

MASKS MUST BE WORN AT ALL TIMES WHEN INDOORS

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