

# SUMMIT VIEWS

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## A MESSAGE FROM BRIAN

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Happy May to all my friends here at Summit Health and Fitness! Please allow me to be the first to wish all our members a Happy Mother's Day. None of us would be where we are today without the love and support of our mothers. While we welcome the warmer weather, sunny skies, and glimmer of summer weather we also want to express our deepest gratitude and sincere appreciation for your support for the past 17 years. Many of you are already aware, but this newsletter will be our last as Summit Health and Fitness will no longer be a membership-based health and fitness facility effective May 26, 2023. Members were billed a pro-rated portion of May membership dues and all remaining memberships will terminate automatically. Members who have joined since March 1, 2023 will be reimbursed for their Professional Services Fee and any members who have pre-paid for their membership dues will be reimbursed for the unused portion of their membership. No equipment will be available for purchase and all equipment has been inventoried for transfer of ownership. No one will be billed for childcare dues for the month of May and we will have limited kids zone hours available. Please see schedule posted outside the kids zone door for available hours in the month of May.

Please feel free to contact me at 928-774-3476 or via email at [info@thesummitflagstaff.com](mailto:info@thesummitflagstaff.com) with questions or concerns. It has been my honor to serve your fitness needs and I cannot thank you enough being such a tremendous part of my life. Summit Fitness has always been Focused on Fitness, Serious about Health and I wish you the best in your pursuit of health and wellness and hope you will continue to live your best life every day.

On behalf of the entire Summit Team THANK YOU for choosing  
Summit Health and Fitness.  
Brian Schmitz

Quote of the Month: “All Good things must come to an end.” -  
Geoffrey Chaucer, English Author and Poet.

National Days in May: 2nd National Teacher Appreciation Day, 4th National Star Wars Day, 5th Cinco de Mayo, 6th National Fitness Day and Derby Day, 14th Mother’s Day, 16th National Mimosa Day, 20th National Armed Forces Day, 25th National Senior Health and Fitness Day, 26th National Paper Airplane Day, 28th National Hamburger Day, 29th Memorial Day.



Thank you to our New Members: Emma Albers, Jacqueline Armstrong, Jan and Paul Ashby, Zachary Atkins, Melissa Bryant, Sean Buechel, Matthew Campagnolo, Ling Chow, Daisy Clifton, Jason Corbett, Jonathan Davies, Mary Demkovich, Heather Erwin, Tiernan Frieberger, Sierra Frydenlund, Ethan Gray, Joyce Hakizimana, Sean Haywood,

Michael Horton, Beau Irvine, Bryce Jackson, Kim Jordan, Easy Joseph, Brian Laney, Ramy Logan, Mathew Magallon, Julia McDonald, Quinton Mells, Meghan Mooney, Katie Morris Gonzali, Taryn Morrison, Sage Nunez, Mady Perich, Carsten Peter, Kristen Puccio, Kali Reynolds, Arturo Risley, Taylor Rose, Joseph Ruiz, Sascha Schneider, Selena Shorty, Peyton Smith, Steven Sprouls, Victoria Sutherland, Vivian Truong, John Vasquez.

Member Anniversaries:

- 5 Years: Satchel Alvarado, Michael Przeslica, David White.
- 10 Years: Javier Cortes, John and Barbara Fisher, Skyler Hill.
- 15 Years: Betsy Mennell

Thank you all for your support, I truly appreciate it, and will miss you all!

## A MESSAGE FROM OUR AMAZING GROUP FIT TEAM

Hello My Friends,

Thank you for an amazing 23 years! I have so enjoyed working out with you all -You are the BEST workout buddies! Thank you all so much for your support of our wonderful Group Fit Instructors! It has been an Honor and Delight to work with this Wonderful Team. They don't make millions like influencers on Instagram, TikTok & YouTube, but they deserve millions for their expertise, passion for fitness & most importantly, connection with you, our dedicated members. I have heard from so many of you about how much they have inspired, encouraged & motivated you to stay healthy & strong. I am in awe of this team and I am committed to continue to serve fitness-minded Flagstaff friends, as I am not retiring. Stay tuned for some exciting news from me, regarding June Group Fit classes in Flagstaff. I will miss our beautiful gym but I hope you'll join me wherever I land. If you would like to contact me to offer suggestions, ideas, feedback, or stay in the loop, please email me at [janrominger@hotmail.com](mailto:janrominger@hotmail.com). May we all find our new fitness experience with Hope, Ease & Grace,  
Respectfully yours, Jan Rominger - Group Fit Director

Below are some sentiments from our Group Fit Team:

To all my Yogis and Yoginis- You have made the past 7 years such fun as we navigate our bodies (bionic joints and all), and appreciate all we can do! Our Mondays and Wednesdays together have so rewarding for me as a teacher as I see each of you progress with your practice! I'm hoping to secure a new location for our classes soon so we can continue this community of friends!  
Thank you all! Wendy Wetzel

I am grateful from the bottom of my heart to have been on this journey with all of you. I have witnessed many transformations, both physically and mentally, and it has been truly inspiring. "It is not the place that makes the person, but the person that makes the place." We enjoyed the best.  
Kim Hammond

I am grateful to Jan for giving me a chance to show her how amazing YBR is 9 years ago, and for the friendships I have gained through my time at Summit. I have cried, laughed, learned and grown from my time here with you all, you know who you are. Thank YOU! Christine Mares

Shout-out to everyone who joined the boot camp and boxing classes. You made my heart smile with your enthusiasm and your willingness to take on any challenge. I'll see you around. Deal? Felicia Fonseca

It feels like the end of an era! I have thoroughly enjoyed all 23 years teaching at Summit/The Firm! I have loved getting to work with the most amazing staff and members. I will miss the early morning workouts, and dear friends. Thank you! Camie Rasband

"Because of you, I laughed a little harder, cried a little less and smiled a lot more." Unknown  
I will miss you all and hope our paths cross again soon. Lorna Pundt

I will miss seeing everyone Saturday mornings, it was my great pleasure to instruct cycle for you all. Hope to see you around town! Neal Smith

Summit Health and Fitness will always hold a dear place in my heart. After spending over 20 years leading classes there, I realize I have so much to be thankful for from my time spent among many of you as members. It was a first step that led me on my journey to becoming a physical therapist and I treasure the lifelong friendships that I developed inside its walls. The spirit and strength of Summit will always live with me. Staci Whitman

## Chicken Primavera Spaghetti Squash Boats

### FOR SPAGHETTI SQUASH

- 1 medium spaghetti squash, halved, seeds removed
- 1 **tbsp.** extra-virgin olive oil
- Kosher salt
- Freshly ground black pepper

### FOR PRIMAVERA FILLING

- 1 **tbsp.** extra-virgin olive oil
- 1/2 small red onion, chopped
- 1 orange bell pepper, chopped
- 1 **c.** grape tomatoes, halved
- 1 medium zucchini, cut into half-moons
- 2 cloves garlic, minced
- 1 **tsp.** lemon zest
- Kosher salt
- Freshly ground black pepper
- 1/2 **tsp.** Italian seasoning
- 2 1/2 **c.** cooked shredded chicken
- 1 **c.** shredded mozzarella
- 1/4 **c.** freshly grated Parmesan
- Freshly chopped parsley, for garnish



1. Preheat oven to 400°. Drizzle cut sides of spaghetti squash with oil and season with salt and pepper. Place cut side down on a large, rimmed baking sheet. Roast until tender, 30 to 35 minutes. Let cool slightly. Using a fork, break up squash strands. Keep oven on.
2. Meanwhile, make filling: In a large skillet over medium heat, heat oil. Add onions and bell pepper and cook until slightly softened, 3 to 4 minutes. Add tomatoes, zucchini, garlic, and lemon zest. Season with salt, pepper, and Italian seasoning and stir until combined. Cook until soft, 3 to 4 minutes. Stir in shredded chicken. Remove from heat.
3. Divide mixture between squash halves and stir to combine with squash strands. Top each half with mozzarella and return to oven to melt, 5 minutes.
4. Garnish with Parmesan and parsley before serving.