

# SUMMIT

ACTIVITIES CENTER

## Fitness Class Schedule

Sunday      Monday      Tuesday      Wednesday      Thursday      Friday      Saturday

	Power Yoga 5:30-6:15 AM	Wake Up Fit 6:00-6:45 AM  Water Aerobics 8:30-9:30 AM	Slow Flow Yoga 5:30-6:15 AM  Aqua Zumba 8:30-9:00 AM	Water Aerobics 8:30-9:30 AM	Power Yoga 5:30-6:15 AM  Aqua Zumba 8:30-9:00 AM	Water Aerobics 8:30-9:30 AM
	Prime Time for Seniors 9:00-9:45AM  Zumba Gold 10:00-10:45 AM	Slow Flow Yoga 12:15-12:45 PM	Prime Time for Seniors 9:00-9:45 AM	Zumba Gold 10:00-10:45 AM  Slow Flow Yoga 12:15-12:45 PM	Strength and Flexibility 9:30-10:15AM	
	Tabata 5:15-5:45PM  Power Abs 5:45-6:00 PM  Trim & Tone 6:00-6:25PM  Water Aerobics 5:30-6:15 PM	Tabata 5:15-5:45 PM  Barre Class 5:30-6:00 PM  Power Abs 5:45-6:00 PM  Trim & Tone 6:00-6:25 PM  Zumba 6:30-7:30 PM	Aqua Zumba 5:30-6:15 PM	Tabata 5:15-5:45 PM  Zumba Toning 5:30-6:00 PM  Power Abs 5:45-6:00PM  Trim & Tone 6:00-6:25PM  Step Aerobics 6:00-6:30PM		

# SAC Fitness Class Descriptions

- **Aqua Zumba**—Come dancing in the water! Make a splash by adding this low impact, high energy aquatic exercise class to your fitness routine. You perform large muscle movements by reaching your arms, lifting your legs, circling your hips and shoulders with water resistance, a fun pool party you don't want to miss!
- **Barre**—A workout inspired by elements of ballet, yoga, and Pilates. It focuses on low impact, high intense movements designed to build strength, and flexibility.
- **Power Abs**—One of the best ways to prevent injuries is to build a strong core. Power Abs is designed to do just that! This compact class targets the entire abdominal area for a complete core strengthening workout.
- **Power Yoga**—A 45 minute Power/Vinyasa yoga class begins with setting your intention and focus on breathing. The movements are coordinated with your breathing to awaken the body. The class gradually becomes more energetic and sweat inducing. Your practice will incorporate strength, stretching, balance, and alignment through various asanas (poses) and vinyasa (flow of poses) linked with your prana (breath). You will complete this practice feeling energized and ready to begin your day. Previous yoga experience is recommended but not required.
- **Prime Time for Seniors**—A total body workout program designed for seniors. Join us for a variety of exercises that are designed to increase muscle strength, range of motion, agility, joint stability, flexibility, and balance. Stay strong with this program that is specifically designed for the "young at heart"!
- **Step Aerobics** - A lower body workout that incorporates step aerobics with dance rhythms that helps increase cardio and calorie burning. Looking to strengthen and tone your legs and glutes? Step right up!
- **Strength and Flexibility** - Get a total body strength and stretch workout hitting all major muscle groups using weights, bands, tubes, and mat floor exercises at a pace that is safe and effective for you.
- **Tabata**—Tabata interval training is the single most effective type of high-intensity interval training, while also being the shortest in duration. Each exercise is 20 seconds in duration, followed by a 10 second rest for a total of 4 minutes. This versatile class can be used for weight loss as well as improving performance in aerobic and anaerobic sport.
- **Trim & Tone**—A simple, quick, cardio and weight base class that focuses primarily on "tightening" and "toning" the problem areas of the body. Add it to your cardio routine and see the benefits today!
- **Turbo Kick**—Incorporates athletic drills and intensity intervals for the ultimate cardio workout. Torch calories and burn body fat while punching and kicking to music!
- **Wake Up Fit**— Jump start your day with a full body workout! Wake Up FIT (Fitness Interval Training) combines cardiovascular conditioning, strength training, and core toning. Keep your body AWAKE with new workouts every week!
- **Water Aerobics**—Get your body moving in the water with this high energy, interval-conditioning class that transitions between cardio and strength training, all while in the pool. This no-impact class is designed to get a great, whole body workout while safely protecting the joints from impact while in the water. Get a great, refreshing workout that will propel you into better health!
- **Slow Flow Yoga**—This class will focus on breathing and mind-body connection by incorporating a flowing style of Yoga as well as strength-building through held poses. Experience all of the wonderful effects that Yoga has to offer!
- **Zumba**—Are you ready to party yourself in shape? Zumba is an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party that is fun for all ages. Join the party today for this unique, fun-filled workout!
- **Zumba Gold**—For older active adults or those looking for a lower impact workout, Zumba gold **recreates the original Zumba moves you love at a lower-intensity**. It's a **dance-fitness class** that feels friendly, and most of all, fun!
- **Zumba Toning**—Using lightweight Maraca toning sticks, one pound each puts emphasis on sculpting muscles while enhancing rhythm and coordination.