



CANTON LEISURE SERVICES

Summit on the Park - 46000 Summit Parkway Canton, MI 48188
734/394-5460 cantonfun.org



Winter/Spring Land Group Fitness Schedule: January 9– June 15, 2012 ~ Updated 1/03/2012

All Land Fitness Classes are 55 minutes long and will take place in the Aerobic Studio, unless otherwise noted.

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45 AM	Zumba	Boot Camp	Half & Half		Boot Camp		
7:00 AM					<u>Registered Class** Cycle</u>		
8:10 AM			Boot Camp			Step @ 8:00	Yoga Fit® @ 8:00 (Maple)
9:00 AM						20 Minute Ab Lab	
9:15 AM	Yoga Fit® (Maple)	BEST of Health (Maple)	Tai Chi from the Arthritis Foundation (Maple)	BEST of Health (Maple)	Yoga Fit® (Maple)	Step @ 9:25	Advanced Step
	Step & Sculpt	Cardio Sculpt OR Cardio Strength Circuit*	Pi-Yo	75 Minute Boot Camp	Zumba (West Gym)		
10:15 AM	Pilates Fusion	Power Yoga	Zumba (West Gym)		30 Minute Weight Workout	Turbo Kick (West Gym)	
10:30 AM	Arthritis Foundation Ex. Program (Maple)	45 Minute Fit for Life Ages 55+ (Maple)** <u>Registered Class</u>	Arthritis Foundation Ex. Program (Maple)	30 Minute Zumba Express	45 Minute Fit for Life Ages 55+ (Maple)* <u>*Registered Class</u>	Power Pump	45 Minute BOSU Boot Camp
11:30 AM	30 Minute Weight Workout	30 Minute Zumba Gold (Dance B)	45 Minute Power Pump	30 Minute Zumba Gold (Dance B)	45 Minute Boot Camp	20 Minute Ab Lab	
		45 Minute Fit for Life Ages 55+ (Maple)** <u>Registered Class</u>			45 Minute Fit for Life Ages 55+ (Maple)** <u>Registered Class</u>		
12:00 PM	20 Minute Ab Lab	<u>Registered Class** Cycle @ 11:45</u>		<u>Registered Class** Cycle @ 11:45</u>		<u>Registered Class** Cycle</u>	<u>Registered Class** Cycle</u>
12:30 PM	Zumba Gold Ages 55+						
5:30 PM	Boot Camp	Yoga (Maple)	Interval Step & Strength	Kickbox Drills	Cardio Sculpt		
				Yoga (Maple)			
6:30 PM	20 Minute Ab Lab	Zumba @ 6pm	20 Minute Ab Lab YogaFit (Maple)	30 Minute Weight Workout			
7:00 PM	Interval Step & Strength	<u>Registered Class** Beginner Yoga & Mother/Daughter</u>	Step & Core	<u>Registered Class** Cycle</u>	<u>Registered Class** Tai Chi</u>		
8:00 PM	<u>Registered Class** Cycle</u>	Pilates Fusion	Zumba	Zumba			

*TUESDAY 9:15 am CLASS:

The 1st & 3rd Tuesday of the Month will be Cardio/Strength Circuit. The 2nd, 4th, & 5th Tuesday of the Month will be Cardio Sculpt.

**Additional fee for classes which require registration.

Please see the Discover Brochure or Front Desk Staff for more information.



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Fitness in a Flash!

Join our awesome Summit Fitness Instructors and Trainers for one of these great fitness opportunities. Whether you are a beginner or a fitness guru there is something just right for You!

Learn-It & Master-It Series

Fee: \$5M/\$7R/\$10NR

Check out this awesome series of classes at the Summit. "Learn-It" classes feature basic info and techniques for beginners to get started with Group Fitness classes like Zumba and Step. Class sizes are small so you get more instructor feedback as you learn new skills. "Master-It" classes feature advanced choreography and athletic challenges for our fitness gurus—a chance to test your limits with innovative classes like Double Step or XXtreme Boot Camp. **New Classes will be posted 1-2 months prior on the Aerobic Studio Bulletin Board and on the Summit on the Park Facebook page.**

Personal Training Nights at the Summit

Fee: *FREE with your Membership!*

Each month join our personal trainers Tom, Julie and Kara for mini training sessions, fitness demos and wellness information. They will be available to answer your questions and provide information about how to get the most out of your workouts. Check the calendar (posted on the bulletin board near the locker rooms) for the days you can meet with them.

Outdoor Boot Camp Classes

Fee: *FREE!*

Ages: 14 and up

Visit your neighborhood Canton park, or check out a park across town! Each week, get a great workout using military-style plyometrics, jogging, and fun exercises that utilize the unique setting of each park location. *For park locations, visit www.cantonfun.org*

April 28 at 7pm Flodin Park

May 23 at 7pm Heritage Park

T.U.F.F. Camp – The Ultimate Family Fitness Camp

Early Bird Fee per Family: \$19M/\$21R

Regular Fee per Family: \$21M/\$23R/\$30NR

Ages: 6 and up

Is your family looking for something new to do together? Check out TUFF Camp this Summer. This outdoor fitness class is perfect for all fitness levels and a variety of ages. Each week will feature a different 40-minute workout – from Boot Camp to Yoga and anything in between. But don't worry – it's really all about fun, family time that keeps you moving!

Summer Session 1: June 19 – July 3

XXtreme Outdoor Boot Camp

Early Bird Fee: \$32M/\$36R

Regular Fee: \$36M/\$40R/\$52NR

Ages 14 and up

Can you handle an XXtreme workout? Check out our 75-minute Advanced Boot Camp to challenge yourself a whole new way. Join other fitness fanatics for a traditional military-style conditioning class that will get your hearts pumping and torch tons of calories. Plyometrics, push-ups, and agility training...no fuss, no frills, no limits. Enlist today, if you dare!

Spring Session 1: May 5 – May 26

Spring Session 2: June 2 – June 30 *no class June 16

Summer schedule will be listed on the June 17th fitness schedule.

Check our Facebook page for up-to-the-minute news/cancellations regarding our Outdoor Fitness Classes: www.facebook.com/summitonthepark

**Additional fee for classes which require registration.
Please see the Discover Brochure or Front Desk Staff for more information.