

Summit Activities Center

Fitness Class Schedule

| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|-----------------|---|---|---|---|--|--|
| 6:00 AM | Boot Camp 6:00-6:45 AM | | Boot Camp 6:00-6:45 AM | | Boot Camp 6:00-6:45 AM | |
| 8:00 AM | Water Aerobics 8:30-9:30 AM | Water Aerobics 8:30-9:30 AM | Water Aerobics 8:30-9:30 AM | Water Aerobics 8:30-9:30 AM | Water Aerobics 8:30-9:30 AM | |
| 9:00 AM | Prime Time for Seniors 9:00-9:45 AM | | Prime Time for Seniors 9:00-9:45 AM | | Prime Time for Seniors 9:00-9:45 AM | <u>Water Aerobics</u> 9:15-10:15 AM <u>Zumba</u> 9:15-10 AM (3rd Saturday of Month) <u>Yoga</u> 10:30-11:45 AM |
| 12:00 PM | Workout Express 12:15-12:45 PM | Workout Express 12:15-12:45 PM | Zumba 12:15-12:45 PM | Workout Express 12:15-12:45 PM | | Yoga Focus 12:00-12:45 PM |
| 1:00 PM | | ABS/Cedar Village Water Aerobics 1:00-2:00 PM | | ABS/Cedar Village Water Aerobics 1:00-2:00 PM | | |
| 4:00 PM | | Yoga 4:30-5:30 PM | | Yoga 4:30-5:30 PM | | |
| 5:00 PM | Tabata 5:15-5:45 PM Water Aerobics 5:30-6:30 PM Power Abs 5:45-6:00 PM | Tabata 5:15-5:45 PM Yoga Basics 5:45-6:15pm Power Abs 5:45-6:00 PM | Tabata 5:15-5:45 PM Water Aerobics 5:30-6:30 PM Power Abs 5:45-6:00 PM | Tabata 5:15-5:45 PM Yoga Basics 5:45-6:15pm Power Abs 5:45-6:00 PM | | |
| 6:00 PM | Workout Express 6:00-6:30 PM Zumba 6:30-7:15 PM | Workout Express 6:00-6:30 PM Zumba 6:30-7:15 PM | Workout Express 6:00-6:30 PM | Tabata 6:00-6:30 PM Zumba 6:30-7:15 PM | | |
| 7:00 PM | Belly Dancing 7:15-8:00 PM | | | | | |



SAC Fitness Class Descriptions

- **Belly Dancing**—One of the oldest forms of Dance. First time in belly dance? Then this is the class for you! This class is designed to help you better understand the movements that create the foundation of all styles of belly dance - technique through isolations and muscular training. This class focuses on break down of basic belly dance steps and is a great no-impact workout.
- **Early Bird Boot Camp**—Challenge your body and mind with this high-intensity class that combines agility drills, plyometrics, strength training, and speed workouts to get your day and metabolism started on the right track. The endless variety of exercises ensures no two classes are the same and there are NO limits to what you can achieve. Enlist to get fit today!
- **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.
- **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”!
- **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. Research has shown that this type of interval training produces much better results than simply aerobic training. This versatile class can be used for weight loss as well as improving performance in aerobic and anaerobic sport. Try out this new, high energy class and start seeing the results to a new and improved you!
- **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!
- **Workout Express**—This quick, 30 minute class combines intervals of cardio and weight training exercises that challenge the entire body. If you are looking for a fast, complete, high-intensity workout—Workout Express is the class for you!
- **Yoga Basics**—For all fitness levels. Are you new to yoga? Have you thought about starting but didn't know where to begin (or didn't want to embarrass yourself in a class where others are twisting themselves into pretzel shapes)? Each session will include information on various types of yoga, a warm-up sequence as well as a detailed demo and individual student feedback on one or more body movements / sequences. Yoga mat and props are provided.
- **Yoga Rest and Relax**—For all fitness levels. This class is for those seeking the physical benefits of yoga along with a peaceful escape from the crush of worldly commitments and ever-increasing digital distractions. Enjoy easy-to-follow total body movements, breathing, and relaxation set to uplifting music that together result in stress release, flexible strength, improved balance, restoration and healing. Mats and other equipment are provided.
- **Yoga Focus** For all fitness levels. This unique yoga class explores ways to leverage body alignment, movement and function by focusing on specific areas. Areas of focus change weekly based on the interest of students. For example, class topics include areas such as hand flexibility and sciatic nerve pain relief/prevention. Mats and equipment provided.
- **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!