

Summit Activities Center

SPRING

Fitness Classes



| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|-----------------|---|--|---|---|---|----------------------------------|
| 6:00 AM | Boot Camp 6:00-6:45 AM | Aqua Boot Camp 6:00-6:30 AM | Boot Camp 6:00-6:45 AM | Aqua Boot Camp 6:00-6:30 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 | Deep Water Blast 8:15-9:00 AM |
| 9:00 AM | Water Exercise Plus 9:30-10:30 AM | | Water Exercise Plus 9:30-10:30 AM | | Water Exercise Plus 9:30-10:30 AM | Water Aerobics 9:15-10:15 AM |
| 11:00 AM | Prime Time for Seniors 11:00-11:45 AM | | Prime Time for Seniors 11:00-11:45 AM | | Prime Time for Seniors 11:00-11:45 AM | |
| 12:00 PM | Yoga 12:10-12:45 PM Water Aerobics 12:00-1:00 PM | Workout Express 12:15-12:45 PM Liquid 30 12:15-12:45 PM | Yoga 12:10-12:45 PM Water Aerobics 12:00-1:00 PM | Workout Express 12:15-12:45 PM Aqua Zumba 12:15-12:45 PM | Yoga 12:10-12:45 PM Water Aerobics 12:00-1:00 PM | |
| 1:00 PM | | ABS/Cedar Village Water Aerobics 1:00-2:00 PM | | ABS/Cedar Village Water Aerobics 1:00-2:00 PM | | |
| 5:00 PM | Workout Express 5:15-5:45 PM Water Aerobics 5:30-6:30 PM | Workout Express 5:15-5:45 PM Yoga 5:15-6:15 PM | Workout Express 5:15-5:45 PM Water Aerobics 5:30-6:30 PM | Workout Express 5:15-5:45 PM Yoga 5:15-6:15 PM | Water Aerobics 5:30-6:30 PM | |
| 6:00 PM | T.N.T. 6:00-6:30 PM | T.N.T. 6:00-6:30 PM | T.N.T. 6:00-6:30 PM | T.N.T. 6:00-6:30 PM | | |
| 6:30 PM | Zumba 6:45-7:30 PM | Zumba 6:30-7:15 PM | Zumba 6:45-7:30 PM | Zumba 6:30-7:15 PM |  | |

*Spring Fitness Class Schedule to Start March 5

SAC Fitness Class Descriptions

- **Aqua Boot Camp**—Are you looking for a unique way to get in shape? Aqua Boot Camp combines cardiovascular, abdominal and strength training exercises to create a high intensity, strenuous workout in the pool and on the deck. Take a break from your normal routine and hit the water for a challenging workout.
- **Deep Water Blast**—This cardio class will give you the blast of energy you need to get your weekend started! After a brief warm-up, it's time for circuits in the deep water that give you a total body workout. Classes will include the use of resistance bands, kickboards, and wave belts to give participants an intense and satisfying 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!
- **Liquid 30**—Taught in the shallow water, this 30 minute class will get your heart pumping with intervals of cardio to boost your metabolism and increase your endurance. Mix this quick aquatic workout in your routine to give you the variation that keeps you motivated to exercise!
- **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”!
- **T.N.T.**—A simple, quick, demanding 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!
- **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!
- **Water Exercise Plus**—This gentle, no-impact class is designed to safely move joints through range of motion. This shallow, water workout keeps the joints moving while improving agility, strength, and overall fitness level. This one-of-a-kind exercise class is designed around the abilities of people with arthritis and other related issues.
- **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!
- **Zumba/Aqua 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!
- **Yoga**—Want to take a break from your busy day for a relaxing and challenging workout all in one? This popular 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!