

# Summit Seniors' Favorite Classes



# SUMMIT

## ATHLETIC CLUB

Effective March 1, 2023

River Road							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30am			<b>Zumba Toning</b> *Main Gym* *intermediate* *silver & fit > senior dance				
7:15am	<b>Healthy Posture</b> *Mind & Body Studio* *beginner* *silver & fit > fall prevention	<b>Restorative</b> *Mind & Body Studio* *beginner* *silver & fit > senior yoga	<b>Healthy Posture</b> *Mind & Body Studio* *beginner* *silver & fit > fall prevention	<b>Restorative</b> *Mind & Body Studio* *beginner* *silver & fit > senior yoga	<b>Healthy Posture</b> *Mind & Body Studio* *beginner* *silver & fit > fall prevention		
8:30am	<b>Mat Pilates</b> *Mind & Body Studio* *beginner/intermediate* *silver & fit > strength training	<b>Yoga Elements</b> *Mind & Body Studio* *intermediate* *silver & fit > senior yoga	<b>Yoga/Stretch</b> *Mind & Body Studio* *intermediate* *silver & fit > senior yoga	<b>Yoga Elements</b> *Mind & Body Studio* *intermediate* *silver & fit > senior yoga	<b>Mat Pilates</b> *Mind & Body Studio* *beginner/intermediate* *silver & fit > strength training	<b>Healthy Posture</b> *Mind & Body Studio* *beginner* *silver & fit > fall prevention	
9:15am							<b>Yoga/Stretch</b> *Mind & Body Studio* *intermediate* *silver & fit > senior yoga
10:40am		<b>Fit &amp; Fun</b> *Main Gym* *beginner* *silver & fit > strength training	<b>Vinyasa/Yin</b> *Mind & Body Studio* *beginner/intermediate* *silver & fit > senior yoga	<b>Fit &amp; Fun</b> *Main Gym* *beginner* *silver & fit > strength training	<b>Walk the Line</b> *Main Gym* *beginner* *silver & fit > senior dance		<b>Fascinator</b> *Mind & Body Studio* *intermediate* *silver & fit > special conditions
12pm	<b>Healthy Posture</b> *Mind & Body Studio* *beginner* *silver & fit > fall prevention	<b>Fascinator</b> *Mind & Body Studio* *intermediate* *silver & fit > special conditions	<b>Silver Fit</b> *Main Gym* *beginner* *silver & fit > strength training	<b>Fascinator</b> *Mind & Body Studio* *intermediate* *silver & fit > special conditions	<b>Healthy Posture</b> *Mind & Body Studio* *beginner* *silver & fit > fall prevention		<b>Align &amp; Restore</b> *Mind & Body Studio* *beginner* *silver & fit > senior yoga
4:15pm	<b>Fascinator</b> *Mind & Body Studio* *intermediate* *silver & fit > special conditions	<b>Soft Flow 45</b> *Mind & Body Studio* *beginner/intermediate* *silver & fit > senior yoga	<b>Fascinator</b> *Mind & Body Studio* *intermediate* *silver & fit > special conditions	<b>Balance &amp; Breathe</b> *Mind & Body Studio* *beginner* *silver & fit > fall prevention			
5:15pm		<b>Yoga/Stretch</b> *Mind & Body Studio* *intermediate* *silver & fit > senior yoga					
6:30pm	<b>Healthy Posture</b> *Mind & Body Studio* *beginner* *silver & fit > fall prevention		<b>Healthy Posture</b> *Mind & Body Studio* *beginner* *silver & fit > fall prevention	<b>Restorative</b> *Mind & Body Studio* *beginner* *silver & fit > senior yoga			
7:30pm	<b>Slow &amp; Sound</b> *Mind & Body Studio* *beginner* *silver & fit > senior yoga	<b>Restorative</b> *Mind & Body Studio* *beginner* *silver & fit > senior yoga			*Beginner = minimal getting up and down from the floor *Intermediate = includes getting up and down from the floor as well as basic inversion movements		

<b>Bluff</b>							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30am	<b>Fascianator</b> *Yoga Studio* <i>*intermediate</i> <i>*silver &amp; fit &gt; special conditions</i>		<b>Fascianator</b> *Yoga Studio* <i>*intermediate</i> <i>*silver &amp; fit &gt; special conditions</i>		<b>Fascianator</b> *Yoga Studio* <i>*intermediate</i> <i>*silver &amp; fit &gt; special conditions</i>		
9am			<b>Fascianator</b> *Yoga Studio* <i>*intermediate</i> <i>*silver &amp; fit &gt; special conditions</i>			<b>Fascianator</b> *Yoga Studio* <i>*intermediate</i> <i>*silver &amp; fit &gt; special conditions</i>	
9:15am						<b>LDUB CLUB</b> *Dance Studio* <i>*intermediate</i> <i>*silver &amp; fit &gt; senior dance</i>	
10:45am							<b>*Soft Flow &amp; Deep Stretch</b> *Yoga Studio* <i>*beginner/intermediate</i> <i>*silver &amp; fit &gt; senior yoga</i>
12pm		<b>Fit &amp; Flow</b> *Yoga Studio* <i>*intermediate</i> <i>*silver &amp; fit &gt; senior yoga</i>		<b>Balance &amp; Breathe</b> *Yoga Studio* <i>*beginner</i> <i>*silver &amp; fit &gt; fall prevention</i>			
6pm				<b>Zumba</b> *Dance Studio* <i>*intermediate</i> <i>*silver &amp; fit &gt; senior dance</i>			<b>Restorative</b> *Yoga Studio* <i>*beginner</i> <i>*silver &amp; fit &gt; senior yoga</i>
7pm		<b>Sound Therapy &amp; Yin</b> *Yoga Studio* <i>*intermediate</i> <i>*silver &amp; fit &gt; senior yoga</i>	<b>Yoga/Stretch</b> *Yoga Studio* <i>*intermediate</i> <i>*silver &amp; fit &gt; senior yoga</i>				
7:15pm	<b>LDUB CLUB</b> *Dance Studio* <i>*intermediate</i> <i>*silver &amp; fit &gt; senior dance</i>	<b>DanceFIT</b> *Dance Studio* <i>*intermediate</i> <i>*silver &amp; fit &gt; senior dance</i>	<b>LDUB CLUB</b> *Dance Studio* <i>*intermediate</i> <i>*silver &amp; fit &gt; senior dance</i>		<b>*Beginner</b> = minimal getting up and down from the floor <b>*Intermediate</b> = includes getting up and down from the floor as well as basic inversion movements		

<b>Sunset</b>							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30am			<b>High Low</b> *Studio* <i>*intermediate</i> <i>*silver &amp; fit &gt; senior dance</i>				
9:35am		<b>Vinyasa/Yin</b> *Studio* <i>*beginner/intermediate</i> <i>*silver &amp; fit &gt; senior yoga</i>		<b>*Soft Flow &amp; Deep Stretch</b> *Studio* <i>*beginner/intermediate</i> <i>*silver &amp; fit &gt; senior yoga</i>			
10am						<b>Mat Pilates</b> *Studio* <i>*beginner/intermediate</i> <i>*silver &amp; fit &gt; strength training</i>	
10:40am	<b>Healthy Posture</b> *Studio* <i>*beginner</i> <i>*silver &amp; fit &gt; fall prevention</i>	<b>Fascianator</b> *Studio* <i>*intermediate</i> <i>*silver &amp; fit &gt; special conditions</i>	<b>Healthy Posture</b> *Studio* <i>*beginner</i> <i>*silver &amp; fit &gt; fall prevention</i>	<b>Fascianator</b> *Studio* <i>*intermediate</i> <i>*silver &amp; fit &gt; special conditions</i>	<b>Healthy Posture</b> *Studio* <i>*beginner</i> <i>*silver &amp; fit &gt; fall prevention</i>		
4:15pm	<b>Healthy Posture</b> *Studio* <i>*beginner</i> <i>*silver &amp; fit &gt; fall prevention</i>		<b>Healthy Posture</b> *Studio* <i>*beginner</i> <i>*silver &amp; fit &gt; fall prevention</i>				
5:30pm				<b>Yoga/Stretch</b> *Studio* <i>*intermediate</i> <i>*silver &amp; fit &gt; senior yoga</i>	<b>*Beginner</b> = minimal getting up and down from the floor <b>*Intermediate</b> = includes getting up and down from the floor as well as basic inversion movements		