

Group Exercise Schedule

Effective 6.1.24



Wellness Center

Monday

5:30am-6:15am
MX4
Matt | Training Studio

8:45am-9:45am
Strictly Strength
Dena | Studio 2

9:30am-10:15am
Exercise for Everyone
Madelynn | Gym (Half)

9:30am-10:30am
Gentle Yoga
Kay | Conference Room

12:00pm-12:45pm
Lunch Crunch
Nicole | Gym (Half)

5:30pm-6:00pm
HIIT Cycle
Sherry | Studio 1

6:00pm-6:45pm
Ultimate Bootcamp
Bianca | Gym (Full)

6:00pm-7:15pm
All Levels Yoga
Paul | Conference Room

6:00pm-7:00pm
WERQ
Shana | Studio 2

Tuesday

6:00am-6:30am
Morning Express
Bianca | Training Studio

8:30am-9:15am
Cycle Challenge
Dena | Studio 1

9:30am-10:45am
All Levels Yoga
Paul | Conference Room

10:30am-11:30am
Functional Fitness
Pete | Gym (Full)

10:45am-11:30am
Full Body Blast
Sean | Training Studio

11:00am-11:45am
Strong & Stable
Matt | Studio 2

4:45pm-5:30pm
Afterwork Afterburn
Jessica | Gym

6:00pm-7:15pm
Basic Yoga
Nancy
Conference Room

6:00pm-6:45pm
Zumba!
Madelynn | Studio 2

Wednesday

6:00am-6:45am
MX4
Bianca | Training Studio

8:45am-9:45am
Strength & Conditioning
Dena | Studio 2

9:30am-10:15am
Exercise for Everyone
Sean | Gym (Half)

9:30am-10:15am
Mat Pilates
Rachel | Studio 1

10:15am-11:15am
Tai Chi
Gary | Studio 2

10:30am-11:30am
Gentle Yoga
Laureen
Conference Room

1:00pm-1:45pm
Active Aging
Jacob | Studio 2

5:30pm-6:15pm
HIIT Cycle/Core
Jane | Studio 1

5:45pm-6:30pm
Full Body Blast
Becky | Training Studio

6:00pm-7:15pm
All Levels Yoga
Paul | Conference Room

6:00pm-6:45pm
Mobilize & Move
Cobin | Studio 2

6:00pm-6:45pm
Stronger by the Second
Ellie | Gym (Half)

Thursday

8:30am-9:15am
Cycle Challenge
Dena | Studio 1

9:30am-10:45am
All Levels Yoga
Paul | Conference Room

New Class!
9:30am-10:30am
WERQ
Jen | Studio 2

10:30am-11:30am
Functional Fitness
Pete | Gym (Full)

10:45am-11:30am
Full Body Blast
Sean | Training Studio

6:00pm-7:00pm
Ultimate Bootcamp
Cobin | Gym (Full)

6:00pm-7:15pm
Yoga Stretch & Relaxation
Nancy
Conference Room

Friday

9:00am-10:00am
Hatha Yoga
Laureen
Conference Room

9:30am-10:15am
Mat Pilates
Rachel | Studio 1

10:30am-11:30am
Chair Yoga
Laureen
Conference Room

11:00am-11:45am
Functional Fitness
Cobin | Gym (Full)

Group Exercise Etiquette

To ensure you get the full benefit from the warm-up portion of your workout, please arrive on time to classes. To ensure participant safety, instructors have the discretion to prohibit entry to late participants.

Unless you are a participant, please refrain from entering class spaces while classes are in session.

For classes in the gymnasium, if the class is marked (Full), the gym can only be used by the class. If the class is marked (Half), the other half is open for other activities.

Saturday

9:00am-10:00am
Ultimate Bootcamp
Cobin | Gym (Full)

9:30am-10:45am
All Levels Yoga
Paul | Conference Room

9:30am-10:30am
WERQ
Jen | Studio 2

10:30am-11:15am
Full Body Blast
Becky | Training Studio

Class Descriptions

Active Aging	Designed for individuals who are current or previous participants of the Neuro Exercise Program, or those with a neurological deficiency (i.e. Parkinson's Disease, MS), this gentle and low intensity class is aimed to supplement one's goals of strength, balance and coordination.
After-work After-burn	This 45-minute class will challenge participants with a variety of resistance training and cardiovascular exercises in circuit formats designed to optimize performance. Resistance tools might include dumbbells, BOSU trainers, and participants' own body weight. Resistance training is staggered with intervals of cardio to enhance muscular strength and post-workout calorie burn. Come prepared to sweat!
All Levels Yoga	Designed for all levels, this slow flow class develops strength, endurance, flexibility, mental focus and breath awareness. Modifications for each pose are given allowing the student to make the class as challenging or gentle as needed.
Basic Yoga	This class is designed for students new to yoga. The focus is on building a framework for your yoga practice that includes breathing exercises and strong, safe poses with proper alignment. Classes build power in your legs and core, beginning with standing poses. Learn to open up areas of tightness in hips and shoulders and get moving with basic Sun Salutations sequences.
Chair Yoga	This gentle form of yoga is practiced sitting on a chair or using a chair for support during standing poses. Chair yoga is especially suitable for older adults, people with balance/coordination issues, those with disabilities or anyone wanting a gentle introduction to yoga. Chair yoga helps increase range-of-motion, flexibility, lung capacity, circulation and strength, improves balance, and relieves stress. Students will not be seated on the floor for this class and are given options, modifications and encouragement, so you'll never need to feel uncomfortable or worried.
Cycle Challenge	This class consists of cardio challenges, varying resistance levels, climbs, sprints, and more. Modifications are given for both the less experienced and the advanced riders. Moderate to high fitness levels are encouraged to attend.
Exercise for Everyone	A low to moderate intensity class, focused on total body fitness for any and all skill levels! This class includes strength, mobility, stretching, and cardio components that are lead with safety and modifications for proper movement. Everyone is welcome, whether you are new to the gym or looking for more!
Full Body Blast	This 45-minute class includes a moderate to high intensity full body strength and cardio-based workout to improve overall muscular strength and cardiovascular endurance. All fitness levels are welcome.
Functional Fitness	Join us for a low impact class designed for anyone interested in keeping their body strong! This class combines strength training, aerobic conditioning and stretching that will assist you in improving the quality of your life. Designed especially for low to moderate fitness levels. Seniors and beginners are strongly encouraged to attend!
Gentle Yoga	Learn the basics of yoga at a slower pace. Focus is on basic postures, yogic breathing and proper alignment. Designed for students who are new to yoga as well as more experienced students who want a gentler class.
Hatha Yoga	A slow vinyasa sequence of foundational asanas, including standing, balance, and seated poses with holds of 3-5 breaths. The sequence repeats each class to allow participants to progress by improving alignment, strength, stamina, and flexibility. Physical and verbal adjustments given by instructor. The class ends with breathwork and meditation.
HIIT Cycle HIIT Cycle/Core	This cycling class includes high-intensity intervals to elevate heart rates to maximum effort. This class is for moderate to advanced fitness level.
Lunch Crunch	This 45-minute full-body workout blends a variety of strength training styles with body weight cardio moves. This circuit training experience will challenge your overall strength while maximizing your heart rate. This class is intended for moderate to high fitness levels. Modifications will be provided.
Mat Pilates	A non-impact workout, working primarily from the floor, that focuses on skills and techniques designed to improve posture and alignment, strengthen back and abdominal muscles and provide overall core conditioning. Pilates produces long, lean muscles and can help re-train your body to move in more efficient patterns of motion. All fitness levels are welcome.
Mobilize & Move	The goal of this class is to improve mobility in specific joints/muscles through stretching and mobilization exercises. This class will integrate a "new found" range of motion with application and technique of various movement patterns. It will also reinforce proper form for many common exercises and reduce the risk of injury. All levels welcome.
Morning Express	A full body high-intensity, fast-paced 30 minute class that will challenge and energize you!
MX4	Whether you're striving to shed a few pounds, enhance performance, or improve overall fitness, MX4 will help you achieve more with a mix of coaching, camaradery, and challenging, progressive workouts.
Power Pump	A strength format targeting all the major muscle groups through a variety of exercises designed to strengthen your body, using an assortment of equipment including dumbbells, tubes, stability balls, bosu, etc. All fitness levels welcome.
Strength & Conditioning	Join us for this 60-minute strength class, which includes bursts of cardio.
Strictly Strength	A full body workout that targets all the major muscle groups: legs, back, chest, arms, shoulders and core.
Strong & Stable	This class is designed to improve movement patterns and reduce the risk of injury. Exercises will focus on balance, strength, and total body mobility and flexibility. All fitness levels are welcome.
Stronger by the Second	This class incorporates strength, cardiovascular endurance, and mobility exercises into Tabata style or other timed active sprint and recovery workouts.
Tai Chi	Tai Chi is a slow and graceful moving form that has been practiced for over a thousand years. It is excellent for helping with balance issues, flexibility, mind-body coordination, and general overall health. Tai Chi, when matched with your breathing, is sometimes called "Meditation in Motion". All fitness levels are welcome.
Ultimate Bootcamp	Take your total body workout to the next level! This class combines compound strength exercises with various moderate to high intensity interval training techniques. It is designed to improve both cardiovascular and muscular endurance as well as overall strength. This class is intended for moderate to high fitness levels.
Yoga Stretch & Relaxation	Join us for a class of gentle stretching along with restorative yoga poses. Complete the class with a guided progressive relaxation while reclining in a restorative yoga position. This is an excellent class for finishing a busy, stressful week. Benefits include released muscular, emotional, and mental tension; reduced stress; enhanced memory and learning capacity; and awakened creativity. Suitable for all fitness levels.
WERQ	WERQ is a high-energy cardio dance workout based on trending pop and hip hop music! All fitness and ability levels are welcome.
Zumba!	ZUMBA! combines Latin dance themes with aerobic intervals and body sculpting movements to create a dynamic, exciting, and effective workout! All fitness and ability levels are welcome.

Aquatic Exercise Schedule

Effective 6.1.24

Monday

9:00am-9:45am
Aqua Yoga
Paula | Therapy Pool

10:00am-10:45am
Water Circuit
Paula | Lap Pool

6:00pm-6:45pm
H.I.T. H2O
Anne | Lap Pool

Tuesday

10:00am-10:45am
Water Workout
Jacob | Lap Pool

Wednesday

9:00am-9:45am
Warm Water Stretch
Paula | Therapy Pool

10:00am-10:45am
Deep Water Workout
Paula | Lap Pool

6:00pm-6:45pm
H.I.T. H2O
Jacob | Lap Pool

Thursday

9:00am-9:45am
Water Circuit
Paula | Lap Pool

9:50am-10:35am
Aqua Yoga
Paula | Therapy Pool

New Format!
6:00pm-6:45pm
Aqua Yoga
Anne | Therapy Pool

Friday

New Time!
8:00am-8:45am
Warm Water Stretch
Sue | Therapy Pool

New Time & New Format!
9:00am-9:45am
Water Circuit
Sue | Lap Pool

No classes on 6/7

Saturday

9:00am-9:45am
H.I.T. H2O
Paula | Lap Pool

9:50am-10:35am
Aqua Yoga
Paula | Therapy Pool

Lap Pool Lane Reservation Policy

To accommodate our members' needs, we ask that you reserve a lap pool lane prior to use.

Sign Ups

Lanes can be reserved up to one day in advance.

Lanes can be reserved through our app, online portal, over the phone or in person.

Lane availability is on a first-come, first-serve basis.

Policies

Lanes are reserved in 30-minute increments with a maximum of 60-minutes per day.

Members are expected to adhere to the time limits.

Walk-ins will be permitted and are based upon availability.

If you are unable to keep your reservation, please notify us ASAP to cancel.



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Class Descriptions

Aqua Yoga	In this class you will perform flowing and graceful movements of yoga and stretching while in the water. Connect the mind and body in an aquatic environment. Appropriate for those with special considerations. All fitness levels welcome.
H.I.T. H2O	High intensity training in the water! Join us for this water cross-training class and challenge your muscles and cardiovascular system in a new way. Appropriate for moderate to high fitness levels and the individual who needs a new challenge in the water.
Warm Water Stretch	A head-to-toe stretch for every muscle. Use the resistance and buoyancy of the water to improve and maintain flexibility, muscle strength, balance and coordination.
Water Circuit	This class consists of a total body workout combined with high and low intensity exercises. Exercises take place in the shallow water. No swimming skills are necessary. All fitness levels welcome.
Water Workout/Deep Water Workout	This class is designed to increase your endurance, strength, and flexibility with all of the benefits of exercising in the water, which decreases the impact on the joints. All fitness levels welcome.

Pilates Reformer

Effective 5.1.24

Monday

8:30am-9:20am
Strong | Lauren

6:30pm-7:20pm
Core | Rachel

Wednesday

6:30pm-7:20pm
Cardio | Lauren

Thursday

5:30pm-6:20pm
Core | Rachel

6:30pm-7:15pm
Reformer 101*
See front desk for upcoming dates

Friday

8:30am-9:20am
Core | Rachel

10:30am-11:15am
Reformer 101*
See front desk for upcoming dates

Fee | \$10/class or \$50/5 classes

Sessions must be purchased prior to registration. See reverse for information on registration.

All classes are suitable for all fitness levels. Please alert your instructor if you have any injuries or conditions.

Grip socks are required for all classes. Minimum of 2 participants needed for class to run.

Cancellation Policy: If your cancellation is at least 8 hours in advance, you will receive a full refund. Refunds will not be issued for cancellations less than 8 hours in advance.

Class Descriptions

Cardio	A low-impact, interval class incorporating the jumpboard to build both cardiovascular and muscle endurance. Improve coordination, flexibility, circulation and reduce muscle tightness and fatigue.
Core	A flowing format that will engage and activate even the tiniest muscles with continuous dynamic movement. Strengthen and lengthen the entire body, improve correct body alignment and increase mobility and flexibility.
Strong	A slow-flow class to help you safely build whole body strength through progressive muscle development. Improve joint mobility, muscle flexibility and balance, too. A variety of props may be used, including hand weights, mini-balls, rings, etc.
Reformer 101	Free class to learn terminology, reformer equipment and basic principles and movements that be the foundation for your Pilates practice. See the Front Desk for upcoming dates.



Wellness Center

Registration Instructions

You have two options for registering for classes:

1. **Summa Health Wellness Center app:** Visit your phone's app store and download the Summa Health Wellness Center app. If you need a code, please contact the front desk for assistance.
2. **Summa Health Wellness Center online portal:** Set up your online account by visiting <https://summawellness.antaris.us>. Enter your USERNAME, which is the email we have on file for you, click RESET PASSWORD, and you will receive an email with the member portal link and a temporary password.

Please note: Each member must have their own email address in order to register.

Once set up, complete the following steps:

1. Purchase sessions by clicking the green “BUY” button. You can purchase a single session or a package of 5. You must complete the purchase before enrolling in a class.
2. Choose “CLASSES.” Scroll to find the day and time to you want to attend and click “SIGN UP.” You’ll then need to confirm the reservation. Once confirmed, you’re good to go!
3. To cancel the class, click the “REMOVE” button.

Please note: You will be charged for the class if you cancel within 8 hours of the scheduled time.

For assistance with setting up your account, please contact Hallie Jean at jeanh@summahealth.org or Lisa Kellogg at kelloggl@summahealth.org.