

Group Exercise Schedule | Effective 7.6.26



Land Classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30am-6:15am MX4 Matt Training Studio	8:30am-9:15am Cycle Challenge Dena Studio 1	6:00am-6:45am Morning Grind Jacob Training Studio	8:30am-9:15am Cycle Challenge Dena Studio 1	8:45am-9:45am Power Pump Britany Gym	9:00am-10:00am Ultimate Bootcamp Cobin Gym (Full)
8:45am-9:45am Strictly Strength Dena Studio 2	9:30am-10:45am All Levels Yoga Paul Conference Room	8:45am-9:45am Strength & Conditioning Dena Studio 2	9:30am-10:45am All Levels Yoga Paul Conference Room	9:30am-10:15am Mat Pilates Tina Studio 1	9:15am-10:30am All Levels Yoga Paul Conference Room
9:30am-10:30am Gentle Yoga Kay Conference Room	10:30am-11:30am Functional Fitness Pete Gym (Full)	9:30am-10:15am Strength & Stamina Sean Gym (Half)	10:30am-11:30am Functional Fitness Pete Gym (Full)	9:30am-10:15am Yoga for Bone Health Kay Conference Room	9:30am-10:30am WERQ Jen Studio 2
9:30am-10:15am Cycle Challenge Sherry Studio 1	10:45am-11:30am Full Body Blast Sean Training Studio	9:30am-10:15am Mat Pilates Rachel Conference Room	10:45am-11:30am Full Body Blast Sean Training Studio	11:00am-11:45am Functional Fitness Cobin Gym (Full)	10:30am-11:15am Full Body Blast Jamal Gym (Full)
9:30am-10:15am Strength & Stamina Sean Gym (Half)	11:00am-11:45am Strong & Stable Matt Studio 2	10:30am-11:30am Tai Chi Gary Studio 2	11:20am-12:00pm Chair Yoga Lauren Conference Room		
11:30am-12:15pm Lunch Crunch Sean Gym (Half)	11:20am-12:00pm Chair Yoga Lauren Conference Room	10:30am-11:30am Gentle Yoga Lauren Conference Room	6:00pm-7:00pm Ultimate Bootcamp Cobin Gym (Full)		Sunday 10:00am-10:45am Sunday Stretch & Restore Jamal Studio 2
5:45pm-6:30pm HIIT Cycle w/Core Jane Studio 1	4:45pm-5:30pm Afterwork Afterburn Jessica Gym (Full)	11:30am-12:15pm Lunch Crunch Sean Gym (Half)	6:00pm-7:15pm Basic Yoga Nancy Conference Room		
6:00pm-6:45pm Ultimate Bootcamp Jamal Gym (Full)	5:30pm-6:15pm Raising the Barre Britany Studio 2	1:00pm-1:45pm Active Aging Jacob Studio 2	6:00pm-7:00pm WERQ Holly Studio 2		
6:00pm-7:15pm All Levels Yoga Paul Conference Room	6:00pm-7:15pm Basic Yoga Nancy Conference Room	6:00pm-6:45pm Mobilize & Move Cobin Studio 2			
6:00pm-7:00pm WERQ Shana Studio 2		6:00pm-6:45pm Stronger by the Second Ellie Gym (Half)			
6:45pm-7:30pm Mat Pilates Lisa Studio 1					

Aquatic Classes

9:00am-9:45am Aqua Yoga Paula Therapy Pool	10:00am-10:45am Water Workout Jacob Lap Pool	9:00am-9:45am Warm Water Stretch Paula Therapy Pool	9:00am-9:45am Water Circuit Paula Lap Pool	9:00am-9:45am Warm Water Stretch Sue Therapy Pool	9:00am-9:45am H.I.T. H2O Paula Lap Pool
10:00am-10:45am Water Circuit Paula Lap Pool		10:00am-10:45am Deep Water Workout Paula Lap Pool	9:50am-10:35am Aqua Yoga Paula Therapy Pool	10:00am-10:45am Deep Water Workout Sue Lap Pool	9:50am-10:35am Aqua Yoga Paula Therapy Pool
New Class! 10:50am-11:35am Aqua Yoga Paula Therapy Pool					
New Class! 5:45pm-6:30pm Aqua Yoga Sue Therapy Pool					
New Class! 6:35pm-7:20pm Water Workout Sue Lap Pool					

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.
Afterwork Afterburn	This 45-minute class will challenge participants with a variety of resistance training and cardiovascular exercises in circuit formats designed to optimize performance. 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.
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.
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 helps increase range-of-motion, flexibility, lung capacity, circulation and strength, improves balance, and relieves stress. Students 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.
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.
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.
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.
Lunch Crunch Morning Grind	This 45-minute full-body workout blends a variety of strength training styles and 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.

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, comaradery, 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.
Raising the Barre	Not your ordinary ballet class. Offered to all fitness levels looking to strengthen and tone major muscle groups (thighs, glutes, abs/core) with functional exercises. This workout will compliment your other workouts helping build strength and flexibility to provide a well rounded fitness regimen.
Strength & Conditioning	Join us for this 60-minute strength class, which includes bursts of cardio.
Strength & Stamina	This class focuses on building upper and lower body strength, as well as increasing endurance in the form of moderate to high-intensity workouts.
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.
Sunday Stretch & Restore	Slow things down and give your body the recovery it deserves. This class focuses on deep stretching, breathwork, and gentle mobility to release tension and promote relaxation.
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.
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.
WERQ	WERQ is a high-energy cardio dance workout based on trending pop and hip hop music! All fitness and ability levels are welcome.
Yoga for Bone Health	Come join us for a series of yoga postures specifically designed to help support bone health. Each class will emphasize a series of postures that promote proper alignment and techniques to stimulate bone building, along with working to improve posture and balance, increasing overall strenght and mobility through safe,

Pilates Reformer

Effective 6.12.26

Monday

Level 1 | Dena
10:30am-11:15am

Level 2 | Lisa
11:30am-12:15pm

Tuesday

Level 2 | Annie
9:30am-10:15am

Level 2 | Annie
10:30am-11:15am

Level 2 | Lauren
4:30pm-5:15pm

Level 3 | Lauren
5:30pm-6:15pm

Wednesday

Level 2 | Rachel
8:30am-9:15am

Level 1 | Lisa
10:30am-11:15am

Thursday

Level 2 | Lauren
9:30am-10:15am

Level 3 | Lauren
10:30am-11:15am

Level 1 | Lisa
4:30pm-5:15pm

Level 2 | Lisa
5:30pm-6:15pm

Level 3 | Lisa
6:30pm-7:15pm

Friday

Level 2 | Lisa
10:30am-11:15am

Saturday

Level 3 | Lisa
10:00am-10:45am

Class Descriptions

Level 1	Foundational exercises focusing on movement principles, body awareness, and control. This slower-paced class is appropriate for any level or ability, including those new to or returning to reformer. Not suitable for second or third trimester pregnant students.
Level 2	Beginner to intermediate exercises with added challenge, complexity, and props. This moderately-paced class is appropriate for any level student with some reformer experience who aims to improve balance, flexibility, strength and endurance. Not suitable for pregnant students.
Level 3	Intermediate to advanced exercises designed to build focus, strength, and stamina. This moderate to vigorously-paced class is appropriate for students who are able to self-modify, maintain balance while kneeling or standing on the reformer, and handle quicker transitions and complex choreography. Prior Level 2 experience is required. Not suitable for pregnant students.

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

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

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.

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 Lisa Kellogg at kellogg1@summahealth.org.