

Group Exercise Schedule | Effective 10.5.26



Monday

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

7:45am-8:45am
Strictly Strength
Dena | Studio 2

9:00am-10:00am
Strictly Strength
Dena | Studio 2

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

9:30am-10:15am
Cycle Challenge
Sherry | Studio 1

9:30am-10:15am
Strength & Stamina
Sean | Gym (Half)

11:30am-12:15pm
Lunch Crunch
Sean | Gym (Half)

5:45pm-6:30pm
HIIT Cycle w/Core
Jane | Studio 1

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

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

6:45pm-7:30pm
Mat Pilates
Lisa | Studio 1

Tuesday

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
Various | Gym (Full)

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

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

11:20am-12:00pm
Chair Yoga
Laureen
Conference Room

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

5:30pm-6:15pm
Raising the Barre
Britany | Studio 2

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

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

Wednesday

6:00am-6:45am
Morning Grind
Jacob | Training Studio

7:45am-8:45am
Strength & Conditioning
Dena | Studio 2

9:00am-10:00am
Strength & Conditioning
Dena | Studio 2

9:30am-10:15am
Strength & Stamina
Sean | Gym (Half)

9:30am-10:15am
Mat Pilates
Rachel | Conference Room

10:30am-11:30am
Tai Chi
Gary | Studio 2

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

11:30am-12:15pm
Lunch Crunch
Sean | Gym (Half)

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

6:00pm-6:45pm
Mobilize & Move
Cobin | Conference Room

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

Thursday

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
Various | Gym (Full)

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

11:20am-12:00pm
Chair Yoga
Laureen
Conference Room

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

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

Friday

8:45am-9:45am
Power Pump
Britany | Gym

9:30am-10:15am
Mat Pilates
Tina | Conference Room

10:30am-11:15am
Yoga for Bone Health
Kay | Conference Room

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

Saturday

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

New Class! Starts 10/17!
9:00am-9:45am
Cycle Challenge
Sherry | Studio 2

9:15am-10:30am
All Levels Yoga
Paul | Conference Room

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

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

Sunday

10:00am-10:45am
Sunday Stretch & Restore
Jamal | Conference Room

Class Etiquette:

Please arrive on time. Instructors have the discretion to prohibit entry to late participants.

Unless you are a participant, please do not enter the spaces while classes are in session.

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.
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.
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 with 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 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.
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, mindful movement.

Aquatic Exercise Schedule | Effective 10.5.26



Wellness Center

Monday

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

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

10:50am-11:35am
Aqua Yoga
Paula | Therapy Pool

5:45pm-6:30pm
Aqua Yoga
Sue | Therapy Pool

6:35pm-7:20pm
Water Workout
Sue | 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

Thursday

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

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

Friday

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

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

New Class!
11:00am-11:45am
Aqua Barre
Lisa | Therapy Pool

Saturday

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

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



Class Descriptions

Aqua Barre	This class focuses on building strength, stability and flexibility, while using a pool noodle for balance. Ideal for all fitness levels!
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 10.5.26

Monday

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

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

Tuesday

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

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

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

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

Wednesday

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

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

Thursday

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

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

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

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

Friday

New Time!
Level 2 | Lisa
10:00am-10:45am

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.