

# Group Exercise Schedule | Effective 1.1.26



## Land Classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30am-6:15am <b>MX4</b> Matt   Training Studio	8:30am-9:15am <b>Cycle Challenge</b> Dena   Studio 1	8:45am-9:45am <b>Strength &amp; Conditioning</b> Dena   Studio 2	8:30am-9:15am <b>Cycle Challenge</b> Dena   Studio 1	8:45am-9:45am <b>Power Pump</b> Britany   Studio 2	<b>New Time/Duration!</b> 8:30am-9:30am <b>Cycle Challenge</b> Sherry   Studio 1
8:45am-9:45am <b>Strictly Strength</b> Dena   Studio 2	8:45am-9:45am <b>Power Pump</b> Britany   Studio 2	9:30am-10:15am <b>Strength &amp; Stamina</b> Sean   Gym (Half)	9:30am-10:45am <b>All Levels Yoga</b> Paul   Conference Room	9:30am-10:15am <b>Mat Pilates</b> Tina   Studio 1	9:00am-10:00am <b>Ultimate Bootcamp</b> Cobin   Gym (Full)
9:30am-10:30am <b>Gentle Yoga</b> Kay   Conference Room	9:30am-10:45am <b>All Levels Yoga</b> Paul   Conference Room	9:30am-10:15am <b>Mat Pilates</b> Rachel   Studio 1	10:30am-11:30am <b>Functional Fitness</b> Pete   Gym (Full)	9:30am-10:15am <b>Yoga for Bone Health</b> Kay   Conference Room	9:15am-10:30am <b>All Levels Yoga</b> Paul   Conference Room
<b>New Format/Duration!</b> 9:30am-10:15am <b>Cycle Challenge</b> Sherry   Studio 1	10:30am-11:30am <b>Functional Fitness</b> Pete   Gym (Full)	10:30am-11:30am <b>Tai Chi</b> Gary   Studio 2	10:45am-11:30am <b>Full Body Blast</b> Sean   Training Studio	11:00am-11:45am <b>Functional Fitness</b> Cobin   Gym (Full)	<b>New Location!</b> 10:30am-11:15am <b>Full Body Blast</b> Jamal   Gym
9:30am-10:15am <b>Strength &amp; Stamina</b> Sean   Gym (Half)	10:45am-11:30am <b>Full Body Blast</b> Sean   Training Studio	10:30am-11:30am <b>Gentle Yoga</b> Laureen   Conference Room	11:15am-12:00pm <b>Chair Yoga</b> Laureen   Conference Room		
11:30am-12:15pm <b>Lunch Crunch</b> Sean   Gym (Half)	11:00am-11:45am <b>Strong &amp; Stable</b> Matt   Studio 2	<b>New Class!</b> 11:30am-12:15pm <b>Lunch Crunch</b> Sean   Gym (Half)	6:00pm-7:00pm <b>Ultimate Bootcamp</b> Cobin   Gym (Full)		
5:45pm-6:30pm <b>HIT Cycle w/Core</b> Jane   Studio 1	11:15am-12:00pm <b>Chair Yoga</b> Laureen   Conference Room	<b>New Format/Duration!</b> 5:30pm-6:15pm <b>Cycle Challenge</b> Sherry   Studio 1	6:00pm-7:15pm <b>Basic Yoga</b> Nancy   Conference Room		
6:00pm-6:45pm <b>Ultimate Bootcamp</b> Jamal   Gym (Full)	4:45pm-5:30pm <b>Afterwork Afterburn</b> Jessica   Gym (Full)	6:00pm-6:45pm <b>Mobilize &amp; Move</b> Cobin   Studio 2	6:00pm-7:00pm <b>WERQ</b> Holly   Studio 2		
6:00pm-7:15pm <b>All Levels Yoga</b> Paul   Conference Room	5:30pm-6:15pm <b>Raising the Barre</b> Britany   Studio 2	<b>6:00pm-6:45pm</b> <b>Stronger by the Second</b> Ellie   Gym (Half)			
6:00pm-7:00pm <b>WERQ</b> Shana   Studio 2	6:00pm-7:15pm <b>Basic Yoga</b> Nancy   Conference Room				

## Aquatic Classes

9:00am-9:45am <b>Aqua Yoga</b> Paula   Therapy Pool	10:00am-10:45am <b>Water Workout</b> Jacob   Lap Pool	9:00am-9:45am <b>Warm Water Stretch</b> Paula   Therapy Pool	9:00am-9:45am <b>Water Circuit</b> Paula   Lap Pool	<b>New Time!</b> 9:00am-9:45am <b>Warm Water Stretch</b> Sue   Therapy Pool	9:00am-9:45am <b>H.I.T. H2O</b> Paula   Lap Pool
10:00am-10:45am <b>Water Circuit</b> Paula   Lap Pool		10:00am-10:45am <b>Deep Water Workout</b> Paula   Lap Pool	9:50am-10:35am <b>Aqua Yoga</b> Paula   Therapy Pool	<b>New Time!</b> 10:00am-10:45am <b>Deep Water Workout</b> Sue   Lap Pool	9:50am-10:35am <b>Aqua Yoga</b> Paula   Therapy Pool
6:00pm-6:45pm <b>Aqua Yoga</b> Paula   Therapy Pool					

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 training is staggered with intervals of cardio to enhance muscular strength and post-workout calorie burn. Come prepared to sweat!	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, comradery, and challenging, progressive workouts.
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.	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.
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.	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.
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.	Strength & Conditioning	Join us for this 60-minute strength class, which includes bursts of cardio.
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.	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.
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.	Strictly Strength	A full body workout that targets all the major muscle groups: legs, back, chest, arms, shoulders and core.
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.	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.
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!	Stronger by the Second	This class incorporates strength, cardiovascular endurance, and mobility exercises into Tabata style or other timed active sprint and recovery workouts.
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.	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.
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.	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.
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.
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.	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.
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.	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.
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.	WERQ	WERQ is a high-energy cardio dance workout based on trending pop and hip hop music! All fitness and ability levels are welcome.
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 studios while classes are in session.	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 strength and mobility through safe, mindful movement.

# Pilates Reformer

Effective 9/30/25

Monday	Tuesday	Wednesday	Thursday	Friday
No classes	9:30am-10:20am <b>Strong   Laureen</b>  4:30pm-5:20pm <b>Core   Rotation</b>  5:30pm-6:20pm <b>Cardio   Rotation</b>  6:30pm-7:20pm <b>Core   Rotation</b>	8:30am-9:20am <b>Core   Rachel</b>	9:30am-10:20am <b>Strong   Laureen</b>  12:10pm-1:00pm <b>Cardio   Laureen</b>	No classes

## 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

<b>Cardio</b>	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.
<b>Core</b>	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.
<b>Strong</b>	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.

## New to Reformer?

Attend one of our classes for FREE to learn more about the basic principles and movements of Pilates. Advance registration required. See the Front Desk for more information.

## 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 [kellogl@summahealth.org](mailto:kellogl@summahealth.org).