Group Exercise Schedule

Effective 1.1.19

Monday

6:00am-6:45am
The Morning Grind
Maria | Studio 2

6:00am-6:45am
Cycle Challenge*
Paulie | Studio 1

7:00am-7:45am
Cycle Challenge*
Paulie | Studio 1

7:45am-8:45am
Total Body Toning
Sandy | Studio 2

8:45am-9:45am
Step
Nancy | Studio 1

9:00am-10:00am
Total Body Toning
Sandy | Studio 2

9:30am-10:15am
Kettlebell Workout
Matt | Gym

10:15am-11:00am
Mat Pilates
Sandy | Studio 2

10:30am-11:45am
Gentle Yoga
Gennie
Conference Room

11:00am-11:45am
Strong & Stable
Matt | Studio 1

12:00pm-12:45pm
Cycle Challenge*
Dena | Studio 1

4:30pm-5:15pm
Cycle Challenge*
Sandy | Studio 1

6:00pm-6:45pm
Ultimate Bootcamp
Hannah | Gym

6:15pm-7:30pm
All Levels Yoga
Paul | Conference Room

6:30pm-7:30pm
Tai Chi
Gary | Studio 1

6:45pm-7:45pm
Power Hour
Abi | Studio 2

Tuesday

8:00am-8:45am
Tabata
Lori | Studio 2

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

9:00am-10:00am
ZUMBA!
Meryl | Studio 2

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

10:30am-11:30am
Functional Fitness
Pete | Studio 2

12:00pm-12:45pm
Lunch Crunch
Hannah | Studio 2

4:45pm-5:30pm
After-work After-burn
Jessica | Studio 2

5:45pm-6:30pm
Cycle Challenge*
Hannah | Studio 1

5:45pm-6:30pm
After-work After-burn
Jessica | Studio 2

6:00pm-7:00pm
Weight Loss Workout
Andrew | Gym

6:30pm-7:45pm
Basic Yoga
Nancy H.
Conference Room

Wednesday

6:00am-6:45am
The Morning Grind
Hannah | Studio 2

6:00am-6:45am
Cycle Challenge*
Paulie | Studio 1

7:00am-7:45am
Cycle Challenge*
Paulie | Studio 1

7:45am-8:45am
Total Body Toning
Sandy | Studio 2

8:45am-9:45am
Step
Nancy | Studio 1

9:00am-10:00am
Total Body Toning
Sandy | Studio 2

9:30am-10:15am
Ultimate Bootcamp
Suzanne | Gym

10:15am-11:00am
Mat Pilates
Sandy | Studio 2

10:30am-11:45am
Gentle Yoga
Gennie
Conference Room

12:00pm-12:45pm
Cycle Challenge*
Dena | Studio 1

4:30pm-5:15pm
Cycle Challenge*
Jane | Studio 1

5:30pm-6:15pm
Raising the Barre
Jane/Julie | Studio 2

6:00pm-6:45pm
Ultimate Bootcamp
Matt | Gym

6:15pm-7:30pm
All Levels Yoga
Paul | Conference Room

6:45pm-7:45pm
Power Hour
Maria | Studio 2

Thursday

6:00am-6:45am
Power Pump
Paulie | Studio 2

8:00am-8:45am
Tabata
Lori | Studio 2

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

9:00am-10:00am
ZUMBA!
Meryl | Studio 2

9:30am-10:00am
Core Crunch
Dena | Studio 1

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

10:30am-11:30am
Functional Fitness
Pete | Studio 2

12:00pm-12:45pm
Lunch Crunch
Hannah | Studio 2

5:00pm-5:30pm
HIIT Cycle*
Stephanie | Studio 1

5:45pm-6:30pm
15/15/15
Stephanie | Studio 2

5:45pm-6:45pm
ZUMBA!
Elise | Studio 1

New Class!
6:00pm-7:00pm
Weight Loss Workout
Jacob | Gym

6:30pm-7:45pm
Restorative Yoga
Nancy H.
Conference Room

Friday

6:00am-6:45am
The Morning Grind
Jacob | Studio 2

8:30am-9:30am
Total Body Toning
Sandy | Studio 2

9:00am-9:45am
Kettlebell Workout
Jacob | Gym

9:30am-10:30am
Balance, Strength & Flexibility
Matt | Studio 1

9:45am-10:45am
Total Body Toning
Sandy | Studio 2

10:00am-10:45am
Functional Fitness
Andrew | Gym

Saturday

7:30am-8:15am
Cycle Challenge*
Paulie | Studio 1

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

8:30am-9:15am
Total Body Toning
Paulie | Studio 2

9:30am-10:15am
15/15/15
Rotation | Studio 2

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

10:15am-11:00am
Ultimate Bootcamp
Fitness Staff | Gym

Sunday

8:00am-9:00am
Hatha Yoga
Kay | Conference Room

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

9:30am-10:15am
Total Body Toning
Sheila | Studio 2

4:00pm-5:15pm
Intermediate Yoga
Nancy H.
Conference Room

Summa Health™

Wellness Center

*Due to high demand, please call ahead to reserve your spot. Please see reverse side for details.

Revised 12.26.18

5625 Hudson Drive
Hudson, Ohio 44236
330.342.4400 | summawellness.org

Class Descriptions

15/15/15	Work and challenge your entire body through a mix of strength, cardio, and core. Workouts change weekly so that the body never gets bored! All levels welcome.
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. Resista 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.
Balance, Strength and Flexibility	A practical exercise class designed for active seniors and beginners that focuses on strength, flexibility and balance. This class uses a variety of equipment including handled tubing, light weights, Pilates balls and mats.
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 pro 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 Sur Salutations sequences.
Core Crunch	This 30-minute class focuses on the abs, back, and more to enhance core strength.
Cycle Challenge	An indoor cycling class that consists of cardio challenges, varying resistance levels, climbs, sprints, and more. This class uses modifications for both the less experienced and advanced riders. Moderate to high fitness levels are encouraged to attend. Please call ahead to reserve your spot.
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 wil assist you in improving the quality of your life. Designed especially for low to moderate fitness levels. Senior 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	This class provides a sequence of yoga postures combined with breath awareness, designed to bring peace to the mind while lengthening and strengthening the entire body Students leave feeling balanced and energized. New and experienced yogis are welcome.
HIIT Cycle	This 30-minute cycling classes includes high-intensity intervals to elivate heart rates to maximum effort. This class if for moderate to advanced fitness level. Please call ahead reserve your spot.
Intermediate Yoga	This class is designed for students with some yoga experience. Ashtanga Sun Salutation Series A & B are practiced with faster, creative sequencing and peak poses. With a strong core and legs, we'll build upper body strength through chaturanga dandasana, arm balances, and some inversions. We'll also explore advanced breathing exercises. You'll sweat and have fun!
Kettlebell Workout	The kettlebell is a weight resembling a cannonball with a handle used to perform ballistic exercises combining cardiovascular, strength and flexibility training. Training with kettlebells allows you to target all main muscle groups. This class is for those at a moderate to advanced fitness level.
Lunch Crunch/ The Morning Grind	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 stren 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.
Power Hour	This is your hour of POWER! This class offers a full body workout that also includes the most important muscle, your heart. Come get your heart pumping and muscles movi with a mixture of aerobic exercises, plyometrics, and weight training all in one. This class is suitable for all fitness levels.
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 work will compliment your other workouts helping build strength and flexibility to provide a well rounded fitness regimen.
Restorative Yoga	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 positio This is an excellent class for finishing a busy, stressful week. Benefits include released muscular, emotional, and mental tension; reduced stress; enhanced memory and learn capacity; and awakened creativity. All fitness levels.
Step	This class uses an elevated platform (the Step), which enables a more vigorous workout than can be achieved in a basic aerobics class. The intensity of the workout can be tailored to individual abilities by inserting or removing risers to increase or decrease the height of the Step. This class includes challenging choreography that will take your S workout to the next level! All fitness levels 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.
Tabata	Want to see a change in your body? This 45 min. interval training class, which includes 20 second intervals of intense all-out exercise followed by 10 seconds of rest, will do t trick. Originally designed for Olympic speed skaters, this class will speed up your metabolism, sculpt your muscles and increase your stamina, making you feel and look like a million bucks.
Tai Chi	Tai Chi is an "internal" martial art in which strength and balance are developed from the core outward. Practiced for its many health benefits, the slow movements, coordina with proper breathing, can benefit everyone from the exercise novice to the professional athlete.
Total Body Toning	This class works all the major muscle groups, including arms, back, chest, legs, shoulders, abdominals and buttocks. Expect a full strength workout in this hour-long class. Ple allow 48 hours of rest prior to taking another TBT class or completing another strength workout. 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.
Weight Loss Workout	This class incorporates compound strength movements and cardio circuits to build lean muscle mass and burn fat. The class is designed for individuals looking to lose weight and is appropriate for all fitness levels.
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 leve are welcome.

Cycle Class Sign Up Policy

One reservation per phone call will be accepted with the exception of members of the same household. To register, call the front desk at 330.342.4400.

If the class begins before noon, call the night before after 6:30pm. If the class begins at noon or after, call the day of the class after 6:30am.
Sign up for Sunday classes beginning at 4:00pm Saturday; sign up for Monday morning classes beginning at 4:00pm Sunday.

Class Cancellation Policy

Classes with less than six participants may be subject to cancellation. Summa Health Wellness Center reserves the right to adjust the schedule, class formats, and instructors when necessary, based on attendance, or otherwise. Class size is determined by format. Participants should arrive on time and class participation may be subject to close at the discretio of the instructor to ensure a safe warm up. The group exercise schedule is subject to change. Abbreviated schedules of classes may be offered during holidays and the summer.