

WELLNESS PROGRAMS

THE SUMMIT



MONDAY

9 AM - Zumba® (Live Instructor)

10 AM - Total Body Strength Class
(Live Instructor)

TUESDAY

9:30 AM - Water Aerobics

WEDNESDAY

10 AM - Total Body Strength Class
(Live Instructor - Bring Bands)

THURSDAY

9:30 AM - Water Aerobic Noodles



The Summit