Wellness Programs

THE SUMMIT

World Class Active Aging

ON TOP OF THE WORLD

MONDAY

9 AM - Zumba® (Live Instructor)

10 AM - Total Body Strength Class (Live Instructor)

TUESDAY

9 AM - Walk Fit Class (Virtual)

10 AM - Water Aerobics

WEDNESDAY

9 AM - Walk Fit Class (Virtual)

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



THURSDAY

9 AM - Walk Fit Class (Virtual)

10 AM - Water Aerobic Noodles

The Summit