

WE KNOW WHAT WOMEN WANT

Our qualified staff understand the importance of exercise and how to achieve a full active life.

Our members are women from all different backgrounds, life stages, shapes and sizes. Mothers, grandmothers, daughters, sisters and friends all make up our rich Summit family.

We relate to their needs and we deliver great results in a friendly, caring environment.

WE OFFER

- a place to meet socially and exercise, all at the same time
- friendly staff
- the largest group fitness timetable on the North Coast
- regular program updates to meet the changing needs of your body
- personal training available
- FREE Creche, child minding

Your workout, Your way...



MEMBERSHIP INCLUDES

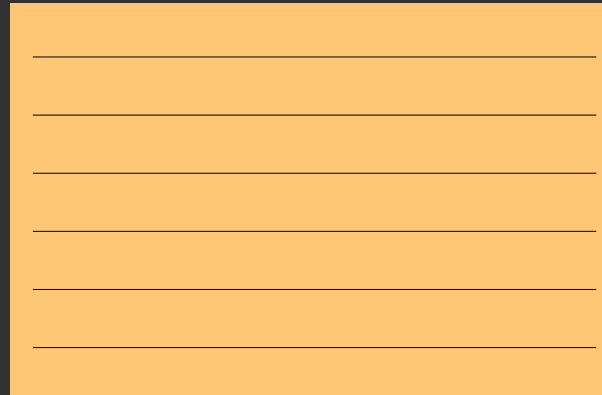
- Unlimited gym use
- Personalised fitness program with updates
- Lap swimming
- All group fitness classes
- FREE child minding

OPEN HOURS

Mon - Fri 5.30am - 8.30pm
Saturday 7.00am - 2.00pm
Sunday 8.00am - 11.00am

FREE CHILD MINDING

Mon - Fri 9.00am - 12.00pm



Call us for an appointment today!

☎ 6625 2025

info@summitcentre.com.au



WOMEN'S GROUP FITNESS

TIMETABLE SUMMER 2020



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CLASS TIMETABLE

Summer 2020

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00am	<i>Les Mills</i> BODYPUMP exp	BOX 30	AMRAP 30	SPIN 30	MetaPWR	<i>Les Mills</i> 7:00 am RPM
7:00 am		FOREVER FIT	FOREVER FIT	FOREVER FIT	FOREVER FIT	OUTDOOR TRAINING
8:00 am						<i>Les Mills</i> BODYPUMP
9:15 am	<i>Les Mills</i> BODYATTACK	<i>Les Mills</i> BODYPUMP	<i>Les Mills</i> TONE	MetaFIT	<i>Les Mills</i> TONE	9:00 am AQUA
9:30 am	AQUA	SPIN 45	AQUA		AQUA	
10:00 am	<i>Les Mills</i> BODYBALANCE		<i>Les Mills</i> CXWORX	<i>Les Mills</i> BODYPUMP exp	<i>Les Mills</i> BODYBALANCE	
10:15 am		PILATES				
4:30 pm	<i>Les Mills</i> BODYPUMP exp			PILATES	PILATES	
5:00 pm	AQUA	<i>Les Mills</i> CXWORX				
5:30 pm	OUTDOOR TRAINING					
5:30 pm	<i>Les Mills</i> TONE	<i>Les Mills</i> BODYATTACK	<i>Les Mills</i> BODYPUMP	MetaPWR	<i>Les Mills</i> CXWORX	
5:45 pm	<i>Les Mills</i> RPM		<i>Les Mills</i> RPM			
6:00 pm	AQUA	AQUA	AQUA	AQUA	AQUA	
6:00 pm				<i>Les Mills</i> BODYBALANCE		
6:30 pm	<i>Les Mills</i> BODYBALANCE	YOGA				

Les Mills
BODYPUMP

The original barbell class to tone & sculpt | 1 hr | Express 45 min

Les Mills
BODYBALANCE

Combination of yoga, tai chi & pilates 1 hr

Les Mills
TONE

Optimal mix of strength, cardio & core, a complete workout! | 45 min

Les Mills
BODY ATTACK

Interval based cardio workout 45 min

Les Mills
RPM

Rock concert on wheels | 45 min

Les Mills
CX WORX

Revolutionary core training | 30 min

BOX 30

Boxing combos and drills to get the heart racing | 30 min

Meta FIT

Med-high intensity metabolic workout, calorie burn up to 24 hours! 30 min

Meta PWR

New Metafit power workout with minimal equipment use | 30 min

FOREVER FIT

Low intensity cardio, strength & balance exercises | 45 min

PILATES

Lengthens muscles & improves core strength | 1 hr

YOGA

Creating strength, balance, flexibility & harmony | 1 hr

AQUA

Fitness with a splash! Med intensity cardio & strength conditioning in the pool | 45min

SPIN 30 | 45

Indoor cycling HIIT training. 30 min | 45 min

AMRAP 30

Intense HIIT class | 30mins complete as many reps as possible.