

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

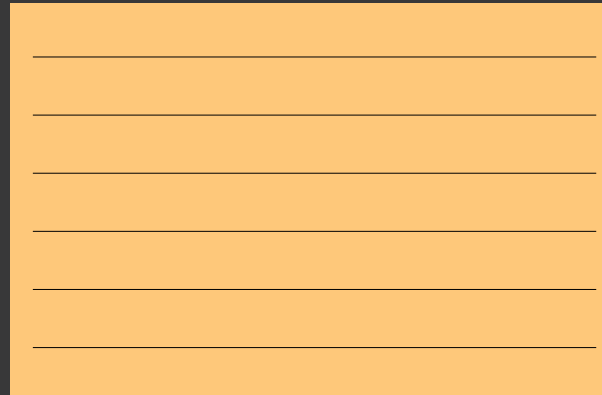
- Unlimited gym use
- Personalised fitness program with updates
- Lap swimming
- All group fitness classes
- FREE child minding

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
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Call us for an appointment today!

☎ 6625 2025

info@summitcentre.com.au



WOMEN'S GROUP FITNESS

TIMETABLE WINTER 2019



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STUDIO 1

Winter 2019

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6 am	FIT BOXING	<i>Les Mills</i> CXWORX	METAFIT	<i>Les Mills</i> BODYPUMP ^{exp}	METAPWR	
7 am		FOREVER FIT	FOREVER FIT	FOREVER FIT	FOREVER FIT	OUTDOOR TRAINING
8 am						<i>Les Mills</i> BODYPUMP
9.15 am	METAPWR	<i>Les Mills</i> BODYPUMP	<i>Les Mills</i> TONE	<i>Les Mills</i> BODYATTACK	<i>Les Mills</i> TONE	
10.15 am	FASCIAL FITNESS	PILATES		YOGA	<i>Les Mills</i> BODYBALANCE	
12.30 pm	METAFIT		<i>Les Mills</i> CXWORX			
4.30 pm	<i>Les Mills</i> BODYPUMP		<i>Les Mills</i> TONE	PILATES	PILATES	
5.30 pm	<i>Les Mills</i> TONE	<i>Les Mills</i> BODYATTACK	<i>Les Mills</i> BODYPUMP	METAPWR	ZUMBA	
6 pm				<i>Les Mills</i> BODYBALANCE		
6.30 pm	<i>Les Mills</i> BODYBALANCE	YOGA				

STUDIO 2 | POOL | SPIN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7 am						RPM
9.30 am		SPINNING	<i>Les Mills</i> BODYBALANCE			AQUA (9am)
9.30 am	AQUA		AQUA		AQUA	
2 pm	SENIOR AQUA		SENIOR AQUA	SENIOR AQUA		
5.30 pm	METAFIT	<i>Les Mills</i> CXWORX				
5.45 pm	<i>Les Mills</i> RPM		<i>Les Mills</i> RPM			
6 pm	AQUA	AQUA	AQUA	AQUA	AQUA	

- Les Mills BODYPUMP** The original barbell class to tone & sculpt | 1 hr / Express 45 min
- Les Mills BODYBALANCE** Combination of yoga, tai chi & pilates 1hr
- 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
- FIT BOXING** Boxing combos and drills to get the heart racing | 45 min
- FASCIAL FITNESS** Build elasticity & resilience, while preventing or repairing damage to the fascia tissue | 45 min
- METAFIT** Med-high intensity metabolic workout, calorie burn up to 24 hours! 30 min
- METAPWR** 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 | 1hr
- YOGA** Creating strength, balance, flexibility & harmony | 1hr
- AQUA** Fitness with a splash! Med intensity cardio & strength conditioning in the pool | 45min
- ZUMBA** Inspired by latin dance, lots of fun & great cardio workout | 1hr
- SPINNING** Indoor cycle class. Low impact to build cardio & endurance | 45 min
- OUTDOOR TRAINING** Outdoor training session in the Lismore CBD | 1hr