

THE SUMMIT SPORTS CLUB

Group Fitness Schedule

	MONDAY	TUESDAY	WED.	THUR.	FRIDAY	SATURDAY
6am	MMA/Carlos					
7am	Spin/Cynthia		Spin/Cynthia			
8:00am	Yoga Cynthia		Yoga Cynthia			10am Yoga Cynthia
8:15am	30-Min. W/O Jessie	30-Min. W/O	30-Min. W/O Jessie	30-Min. W/O	30-Min. W/O Jessie	
8:15am	Step & Kickbox Gaby	Step&BodyPump Gaby	Cardio Circuit Gaby	Boot Camp	Cardio Gaby	
				Carlos		
9:15am	Silver Sneaker ROM/Angie		Silver Sneaker ROM/Angie		Silver Sneaker ROM/Angie	
9:15am	Spinning Gaby		Pilates Gaby		Spinning Gaby	10-Yoga- Cynthia
9:30am		Tai Chi		Tai Chi		10-Cardio- Gaby
9:30am		Zumba-Betty		Zumba-Betty		10-Zumba- Betty
10:15am	Aqua Arthritis	Aqua Arthritis	Aqua Arthritis	Aqua Arthritis	Aqua Arthritis	10-Aqua Aerobics
11:00am	11-Aqua Aerobics		11-Aqua Aerobics		11-Aqua Aerobics	w/jay
5:30pm	Body Pump Pete	Boot Camp 101 Freddy	Body Pump Pete	Boot Camp 101 Freddy		
5:30pm	Spinning Freddy		Spinning Freddy		Spinning Pete	*Note: Gaby & Betty will Alternate
6:00pm		Aqua Fitness jay		Aqua Fitness jay		Saturdays
6:15pm					Body Pump Pete	
6:30pm	Cardio Step Pete	Step Ruby	Kickbox/Step Ruby	Body Pump Ruby		
6:45pm	Spinning Roli		Spinning Pete			
7:30pm	Zumba Omar	Zumba Omar	Zumba Omar	Zumba Graciela		
7:30pm		Spinning Roli	Spinning Roli			

1500 West Hall Acres/ 2 1/2 Miles S. Jackson
McAllen/Pharr, TX 78577

Questions, Please Call Angie Garza
at (956) 630-2722 ext.302

Hours of Operation: Mon.- Thur. 5am-10pm
Fri. 5am-9pm

Sat. 8am-6pm
Sun. 12pm-6pm