

# Activities & Programs



## Groups

**Romeo's- Retired Old Men Eating Out**  
1st Tuesday | 10:30am | Ballroom 1

**Sassy Jewels - Red Hat Chapter**  
1st Wednesday | 11:15am

**Motorcycle Riders Group**  
2nd Sunday | 1:30pm | Conf Rm

**Book Club**  
2nd Tuesday | 11:00am | Conf Room

**Karaoke**  
2nd Thursday | 10:30am | Wings  
1st Friday | 6:30pm | Ball 2

**Self Defense**  
3rd Tuesday | 10am & 6pm | Ball 1

**Gardening Club**  
Thursdays | 10:00am  
\$20/year - Membership

**Bible Study**  
Mondays | 10:30am | Discovery 2

**Interactive Discussion Group**  
1st & 3rd Thurs | 10:50am | Ball 1

**Alzheimer's Support Group**  
3rd Wednesday | 10:30am | Disc 2

## Games

**Open Table Games**  
Mon-Sat | 1:00pm | Ballrooms 1-3

**Table Tennis**  
Monday & Wednesday | 1:00pm  
Ballroom 1

**Texas Hold 'Em**  
Monday & Friday | 6:00pm | Dining

**Bunco**  
Wednesdays | 10:00am | Ballroom 2

**Bid Whist/Spades**  
Wednesdays & Fridays | 2:00pm

**Chess**  
Thursdays | 2:00pm | Lobby

## Dance

**Line Dancing**  
Mondays | 10:30am | Ballroom 2 | \$2

**Thursday Night Dances**  
1st & 3rd | 7-9:30pm | \$6  
Live Band or DJ. Open to public 50+.  
See Dance Schedule for details.

## Arts

**Knitting Open Studio**  
Mondays | 10:00am | Discovery 1

**Needlepoint Open Studio**  
Mondays | 11:00am | Discovery 1

**Crochet Open Studio**  
Mondays | 1:00pm | Discovery 1

**Woodcarving Open Studio**  
Tuesdays | 6:00pm | Discovery 1

**Paper Arts Open Studio**  
Tuesdays | 1:00pm | Discovery 2

**Jewelry Open Studio**  
Fridays | 1:00pm | Discovery 2

**Pottery Open Studio**  
Tues-Thurs | 10am-1pm  
Wednesday | 5:00-8:00pm  
\$10 - (4)weeks or \$30 - month

**You Can Paint**  
3rd Friday | 9-11:45am | Disc 1 | \$35



For the latest updates on Fitness, Socials Activities, Programs, Trips & Special Events, check out our Facebook Page.

[www.facebook.com/thesummitgptx](http://www.facebook.com/thesummitgptx)

## Personal Training

3 - 30 min sessions Price: \$100  
6 - 30 min sessions Price: \$180  
10 - 30 min sessions Price: \$250

To find a Personal Trainer to fit your needs, see the Personal Training flyer at the Athletic Desk or contact Fitness Coordinator Elianna Vasquez at [evasquez@gptx.org](mailto:evasquez@gptx.org) or 972-237-4145.

## Weight Room Orientations

Want to learn how to use the upstairs fitness equipment?

Check out the following Group Orientation schedule. Group will meet at the bench outside of the Fitness Coordinators Office near the drinking fountains.

Tuesday	Time: 4:00pm
Wednesday	Time: 3:00pm
Friday	Time: 8:00am

## CODE OF CONDUCT

*In participation of all programs and activities, members agree to respect others, display courtesy, sensitivity, considerations and compassion even when in disagreement. Derogatory remarks, profanity, physical threats or verbal abuse towards any member, guest or facility staff will not be tolerated. If any member violates any of the above codes of conduct, The Summit will ask to member to cease said behavior or leave the facility. Such behavior may result in termination of the individual's membership.*

**Note:** Please note that all programs are subject to changes. We appreciate your cooperation & apologize for any inconveniences.

## Classes Included in Membership

**Light & Lively**  
 Monday | Wednesday | Friday  
 10:00am-10:35am | Gym  
*Wake up with a low impact class.*

**Strength & Stretch**  
 Tuesday | Thursday  
 10:00am-10:35am | Gym  
*All over stretch and toning.*

**Body Blitz**  
 Monday | Wednesday  
 5:30-6:00pm | Aerobics  
*A full body circuit workout.*

**Zumba**  
 Monday | Wednesday | Friday  
 7:30-8:30pm | Aerobics  
*End your day with a low impact dance class.*

## Group Exercise

Register for 3 or more Group Fitness Classes and get 20% off.

**Cycle**   
 Mon | Wed 8:00am | Aerobics  
 Tues | Thurs 7:00am | Aerobics  
 Price: \$4 class or \$20/month

**Boomer Burn**   
 Mon | Wed 9:05am | Gym  
 Price: \$10 month  
 Instructor: Rob

**Total Body Workout**   
 Mon | Wed | Fri 9-9:40am | Aerobics  
 Price: \$3 class or \$15/month  
 Instructor: Lou

**Tai Chi**   
 Mon | Wed | Fri 10-11am | Aerobics  
 Price: \$3 class or \$20/month  
 Instructor: Master Nguyen

**Power 10**   
 Mon | Wed 6:15-6:45pm  
 Tues | Thurs 7:00am | Aerobics  
 Saturdays 8:05-9:05am  
 Price: \$8 class or \$21/month  
 Instructor: Rob

**Cardio Step**   
 Wednesdays 6:15-7:15pm | Aerobics  
 Price: \$8 class or \$20/month  
 Instructor: Lorraine

**WMU- Weight Management University**  
 Wednesdays 12:15pm | Aerobics  
 Fridays 11:15am | Aerobics  
 Contact Trainer, Rob Jones for details.  
 Price: \$45 monthly

**Meditation**   
 Fridays 8:00am | Aerobics  
 Instructor: Hannah  
 Price: Free for September

**Yoga**   
 Tues | Thur 8:00-9:00am | Aerobics  
 Tues | Thur 5:30-6:30pm | Aerobics  
 Price: \$3 class or \$25/month  
 Instructor: Hannah

**Cardio Dance**   
 Tues | Thurs 12-1pm | Aerobics  
 Price: \$3 class or \$10/month  
 Instructor: Lou

**Buttz-n-Guttz**   
 Saturdays 8:05-9:05am | Aerobics  
 Price: \$8 class or \$20/month  
 Instructor: Lorraine

**Cycle**   
 Saturdays 9:15-10:15am | Aerobics  
 Price: \$4 class or \$15/month  
 Instructor: Maggie

## Water Fitness

Come try out our Water Treadmill, Bicycle or Trampoline. Mondays & Wednesdays from 11:00am-1:00pm and Thursdays from 6:30pm-8:30pm.

**Aqua-cise**   
 Mon | Wed | Fri 9:15-10:15am  
 \$3 class or \$20/month  
 Instructor: Maggie

**Arthri-cise**   
 Mon | Wed | Fri 10:30-11:30am  
 \$3 class or \$20/month  
 Instructor: Mary Jane

**Hydro Tabata**   
 Mon | Wed | Fri 6:15-6:45am  
 Price: \$3 class or \$25/month  
 Instructor: Maggie

**Water X**   
 Mon | Tues | Wed | Thurs 6:00-7:00pm  
 \$3 class or \$30/month  
 Instructor: Gary

**Aqua Boogie**   
 Tues | Thurs 6:00-7:00am  
 Tues | Thurs 9:15-10:15am  
 Price: \$3 class or \$15/month  
 Instructor: Seibren

**Aqua Boot Camp**   
 Saturday 10:30-11:30am  
 Price: \$6 class or \$20/month  
 Instructor: Darryl

Join us for Aqua Volleyball Monday-Friday at 4:30pm.

## Gym Schedule

**Basketball** Tues | Thurs 5-7:30pm

**Volleyball** Mon | Wed 7-8:45pm

**Pickleball** Mon | Fri 11am-7pm

**Pickleball** Wed 11am-6pm

Tues | Thur 5:30-9:30am

Tues | Thur 11am-5pm

Tues | Thur 7:30-8:45pm

Sat 3-7:45pm

## Class Intensities

Beginner

Intermediate

Advanced

Note: Please note that all classes are subject to changes. We appreciate your cooperation and apologize for any inconveniences.