

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

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|---|---|---|---|---|--|--|
| 5:30-6:30 Studio 1 Brenda | 5:30-6:30 Studio 2 Brenda | 5:30-6:30 Studio 1 Melissa | 5:30-6:30 Studio 1 Tabata Cardio & Group Core Brenda | 5:30-6:30 Studio 1 Lisa | 7:30-8:30 Studio 1 Bev | 8:00-9:00 Studio 1 Dannah/Melissa |
| 7:00-8:15 Avani Yoga Hathalini Olga | 8:30-9:30 Studio 1 Tabata & Core Brenda | 7:00-8:15 Avani Yoga Kundalini Yoga Michelle | 8:30-9:30 Studio 1 Brenda | 7:00-8:15 Avani Yoga Hathalini Olga | 8:30-9:30 Avani Yoga Vinyasa Yoga 2 Liane | 8:00-9:00 Studio 2 Lisa |
| 8:15-9:15 Agni Yoga Warm Stretch Laura | 9:00-10:15 Avani Yoga Qigong Fusion Sam B. | 8:30-9:30 Studio 1 Yelena | 8:30-9:30 Basketball Bootcamp Jordan | 8:30-9:30 Studio 1 Ball Conditioning Jane | 8:35-9:05 Studio 1 Bev | 8:15-9:15 Move Strong Boxing Jordan |
| 8:30-9:30 Studio 1 Pilates Plus! Janine | 9:30-10:15 Therapy Pool Warm Water ** Ellen | 9:45-10:45 Agni Yoga Slow Flow RuthAnn | 9:30-10:00 Move Strong Boxing Jordan | 8:30-9:30 Move Strong SKYFit Jordan | 9:15-10:15 MoveStrong MoveStrong Justin | 9:30-10:30 Move Strong MoveStrong Jordan |
| 9:00-10:00 Pool Total Splash Carl | 9:45-10:45 Agni Yoga Yoga Tune Up Werner | 9:30-10:30 Pool H2O Training Carl | 9:30-10:45 Avani Yoga Foundation & Flow Level 2 Laura | 9:00-10:00 Pool Half & Half! Carl | 8:45-9:45 Pool Aqua Motion Tabatha | 9:00-10:15 Avani Yoga Yoga 1-2 Pavla |
| 9:45-11:00 Avani Yoga Alignment Yoga 1 RuthAnn | 9:35-10:35 Studio 1 BARRE Core Yelena | 9:30-10:45 Avani Yoga Mindful Yoga Flow Marisa | 9:30-10:15 Therapy Pool Warm Water ** Ellen | 9:35-10:35 Studio 1 REVIVE Jane | 10:30-11:30 Move Strong MoveStrong Justin | 9:05-9:35 Studio 1 Yelena |
| 9:45-10:45 Agni Yoga Warm Vinyasa Tabatha | 9:35-10:35 Studio 2 OPEN Cycle * | 9:35-10:35 Studio 1 WerQ Jane | 9:35-10:35 Studio 1 Melissa | 9:30-10:45 Avani Yoga Yoga 1-2 Laura | 9:00-10:00 Pilates Studio Pilates Reformer Class * Yelena | 9:30-10:30 Agni Yoga Feel The Burn Tabatha |
| 9:35-10:35 Studio 1 Melissa | 10:40-11:40 Studio 1 Smooth Seas Carl | 9:35-10:35 Studio 2 Brenda | 10:30-11:30 Pool Smooth Seas Kathy | 9:30-10:30 Agni Yoga Feel The Burn Tabatha | 9:10-10:10 Studio 1 WerQ Jane | 9:00-10:00 Pool Athletic Training Carl |
| 10:15-11:00 Therapy Pool Warm Water ** Judy | 10:45-11:45 Pool Smooth Seas Carl | 10:15-11:00 Therapy Pool Warm Water** Judy | 10:40-11:40 Studio 1 Cardio & Ball Conditioning Melissa | 9:35-10:35 Studio 2 Brenda | 9:15-10:15 Studio 2 Bev | 9:40-10:40 Studio 1 Yelena |
| 10:40-11:40 Studio 1 Kathleen | 11:15-12:30 Avani Yoga Alignment Yoga 1 Natasha | 10:40-11:40 Studio 1 Pilates Plus! Melissa | 11:15-12:30 Avani Yoga Yoga For Every Body Marcia | 10:00-11:00 Pilates Studio Pilates Reformer Class * Yelena | 9:30-10:30 Agni Yoga Feel The Flow Samanthia | 10:30-11:45 Avani Yoga Restorative Yoga/Meditation Pavla |
| 11:15-12:30 Avani Yoga Gentle Yoga Nancy M. | 11:30-12:30 Agni Yoga Mid-Day Mindful Movement Stacey | 11:00-12:15 Avani Yoga Gentle Yoga Ruth Ann | 11:45-12:45 Studio 1 Brenda | 10:15-11:00 Therapy Pool Warm Water ** Edie | 10:00-11:15 Avani Yoga Yoga 1-2 Laura | 10:45-11:45 Studio 1 Luba |
| 11:30-12:30 Studio 2 Brenda | 11:45-12:45 Studio 1 Light & Low Paula | 11:30-12:30 Agni Yoga Feel The Burn Tabatha | 4:45-6:00 Studio 2 OPEN Cycle * | 10:40-11:40 Studio 1 ZUMBA Mirla/Elizabeth | 10:15-11:15 Studio 1 Marisa | 4:00-5:00 Warm Water Private session In Use of warm water pool |
| 11:45-12:45 Studio 1 Trim & Tone Paula | 5:15-6:15 Avani Yoga Deep Stretch/Yin Yoga Stacey | 11:45-12:45 Studio 1 Total Strength Paula | 5:15-6:15 Avani Yoga Aromatherapy Yoga Stacey | 11:15-12:00 Therapy Pool Warm Water ** Edie | 11:30-12:45 Avani Yoga Yin Yoga 1 Natasha | |
| 12:00-1:00 Pilates Studio Pilates Reformer Class ** Yelena | 5:15-6:15 Pool Aqua Motion Tabatha | 1:00-1:45 Therapy Pool Warm Water ** Paula | 5:30-6:30 Studio 1 R.I.P.P.E.D. Yelena | 11:30-12:30 Avani Yoga Chair Yoga Karen | 11:30-12:30 Studio 1 Aerial Yoga ** 3-4 times a month | |
| 5:30-6:30 Move Strong Move Strong Jordan | 5:30-6:30 Studio 1 Melissa/Nancy S. | 4:30-5:30 MoveStrong HIIT & HIT Jordan | 6:00-7:00 Move Strong MoveStrong Justin | 11:45-12:45 Studio 1 Dannah & Cathleen | 1:00-3:00 Basketball Open Pickleball | |
| 5:30-6:30 Studio 1 Yelena | 6:00-7:00 Move Strong MoveStrong Justin | 5:30-7:00 Studio 2 OPEN Cycle * | 6:30-7:30 Agni Yoga Feel The Burn Tabatha | 4:30-5:15pm Avani Yoga Kids Yoga** Nanci | | |
| 5:30-6:15 Therapy Pool Warm Water ** Rita | 6:30-7:30 Agni Yoga Feel The Burn Tabatha | 5:30-6:30 Studio 1 Erika | 6:30-7:45 Avani Yoga Yoga 1-2 Mary | 7:00-8:15pm Avani Yoga FREE Community Yoga 1 Time a month | | |
| 6:00-7:00 Studio 2 Cycle Carol | 6:30-7:45 Avani Yoga Yoga 2 The Core 1-2 Mary | 6:30-7:30 Agni Yoga Warm Vinyasa Masha | 6:45-7:45 Studio 1 Mirla | 7:15-8:00 Studio 1 Ballroom Body** Olga | | |
| 6:30-7:30 Agni Yoga Vinyasa Yoga Sam B. | 7:00-8:00 Pilates Studio Pilates Reformer Class * Yelena | 6:30-7:45 Avani Yoga Yin Inspired Yoga Natasha | 7:00-8:00 Pilates Studio Pilates Reformer Class * Yelena | 8:00-8:45 Studio 1 Complimentary Beginner Ballroom Group Class* 2 times a month Olga | | |
| 6:45-7:45 Studio 1 Axana | 7:15-8:00 Studio 1 Ballroom Body** Olga | 6:35-7:35 Studio 1 Erika | | | | |
| 7:00-10:00 Basketball Open Pickleball | | 7:00-10:00 Basketball Open Pickleball | | | | |

Fall Schedule Effective 11/1/2018

**Sky Fitness is located at 1501 Busch Parkway, Buffalo Grove, IL 60089
(847)229-0292
www.skyfitnesschicago.com**

* = Check in with our Fitness Desk to Set-up Cycle Studio
** = Pre-Registration and/or Payment required
Find us on: Facebook, Instagram , & Twitter!



Group Fitness Classes

Ballroom Body:** Intense, non-stop Mambo, Salsa, Bachata, Rumba, Cha-Cha-Cha, Saba, Jive to develop posture, flexibility, and stamina!

BARRE Core: A high-energy & dynamic class that integrates elements of Pilates, dance, cardio, & strength training. BARRE Core is geared towards everyone!

Bootcamp: A high intensity “bootcamp” inspired class that will get the heart pumping and get every part of you in line and strong!

Boxing: High Intensity Interval Training that will take you to the bags, to the ground, and all around. Very challenging and VERY FUN! *Bring your own gloves!

Cardio & Ball Conditioning: Warm-Up with Cardio Training exercises & then emphasize core stability along with strength conditioning for the entire body. A stability ball and various weights are the primary tools.

Cycle: Cycling with technology that helps you set goals and get stronger. Train in different parts of the world while you take your favorite cycle class! A great way to get an all around workout that will always challenge.

Open Cycle: Studio opened for cyclists that wants to do their own thing.

Group Active: A simple and athletic program drawing from all four elements of fitness: cardio, strength, balance, & flexibility.

Group Blast: An energetic cardio workout using the STEP to train fitness, agility, coordination, & strength.

Group Centergy: Re-define yourself with Group Centergy. Grow longer and stronger as you explore this 60 minute journey of yoga and Pilates movements.

Group Core: Train like an athlete in 30 minutes. Expert coaching and motivating music will guide you through functional & integrated exercises using body weight, weight plates, a towel and platform. Improve your performance, get ripped abs, and get Hard Core!

Group Fight (Cardio Kickboxing): This is Cardio Kickboxing at it’s best! It will kick your cardio fitness to the next level while defining and shaping your body and self confidence. Energetic music and a fun environment will knock you out!

Group Power: A results driven strength training workout utilizing an adjustable barbell, weight plates, and body weight

Group Ride: Everybody finishes first in Group Ride! This cycle program is for anyone who can ride a bike. Spin your way to burning calories and strengthening the lower body. Controlled speeds ensure everyone can keep up!

HIIT & HIT: Fast paced boot camp style workout using heavy bags and MoveStrong equipment focusing on cardio & strength. *Please bring your own gloves!

Light & Low: Energizing 40 minute low impact aerobic workout designed to improve cardiovascular fitness. Followed by a 20 minute core workout.

MoveStrong: 60 minute group Functional Training interval class led by certified personal trainers. Enjoy this unique class that will challenge you in the best ways!

Pilates Plus: This core-strengthening workout focuses on control of your trunk and abdominals. Specific movements are taught on the mat to improve your posture and strengthen your “powerhouse”

Revive: A full body stretch routine to improve flexibility and posture through a series of self myofascial release “Holds” utilizing the barre, foam roller, and small ball.

R.I.P.P.E.D.: A total body, high intensity style program that utilizes free weights, resistance, & body weight training. Great for all levels!

SkylFit: A combination of MoveStrong & Bootcamp to give you an overall total body workout.

Tabata & Core: Intense class for all levels designed to get the whole body involved using body weight and dumb bells.

Tabata Cardio: Tabata is 20 seconds of high intensity fat burning exercise utilizing simple athletic movements followed by 10 seconds of rest. 8 rounds followed by 1 minute of rest. (This is Cardio)

Total Strength: A complete workout for your muscles covering basic weight training with the benefit of balance and core work with a relaxing stretch.

Trim & Tone: Fun & challenging class focusing on aerobic & strength endurance, using body weight & dumbbells. Plus, balance & stretch. Great for all levels.

Zumba: “Ditch the workout, join the party” for an hour of hypnotic Latin dance rhythms and easy to follow dance moves!

WerQ: A fiercely fun dance fitness workout class based on pop, rock, and hip hop music.

Aquatic Classes

Aqua Motion: Cardio and strength movement combinations patterned to maximize the resistance of the water.

Half & Half: This class lets you experience the water’s freedom with exercises in deep water for 30 minutes and 30 minutes in the shallow water. Flotation equipment is used to keep you afloat while your body works.

H2O Athletic Training: This is an advanced water class utilizing a variety of equipment.

Smooth Seas: It’s smooth sailing in this low to moderate intensity aqua class. Feel the cardiovascular and muscle strengthening benefits designed to give you a full body workout.

Total Splash: A high energy aqua class that incorporates great music, choreography, and advanced muscular training. Excellent cross training, as well.

Sky Yoga Classes

Alignment Yoga 1 (Avani): Classical yoga poses & breathing techniques to enhance flexibility, build strength and balance, & reduce stress. Special attention paid to alignment to promote healing & build body awareness.

Aromatherapy Yoga (Avani): This yoga class incorporates the purest quality of essential oils to enhance your practice, while moving through poses. You will leave open, grounded, and destressed. Great class for all levels who seek a mind, body, spirit connection.

Chair Yoga (Avani): This class is for everyone! Participants will move more mindfully with your breath in supported sitting (and standing) positions. It will increase flexibility, strength, balance & circulation. Encourages body awareness, proper breathing and quiet reflection.

Deep Stretch/Yin Yoga (Avani)A class focused on lengthening the muscles and Targeting deep connective tissue by holding poses for longer periods of time; mostly done supine, seated, or with use of props.

Feel The Burn (Agni): A challenging practice for all levels. Create extra heat through dynamic movements that will stretch you before inversion play with arm balances before the closing restorative yoga. 103 degrees 40% humidity

Feel The Flow(Agni): Dynamic movement that is both challenging and fun. This class allows for playtime to explore movement with breath. All levels welcome. 90-95 degrees.

Foundation & Flow (Avani): Find balance of body, mind, & spirit as you connect with this mindful flowing practice. Alignment focused portions for learning proper alignment in postures & moderate vinyasa flow segments that will energize. Breath work and mindful meditation will also be included.

Gentle Yoga (Avani): Serious athletes, people with limited mobility, & everyone in between can benefit from this class. Careful strengthening and breath awareness is the focus of these classes. We will modify to accommodate all levels & props are used to both support & challenge students.

Hathalini (Avani): a yoga practice inspired by Kundalini Yoga designed to give you great energy all day.

Iyengar Yoga:1/2 & 2/3(Avani)Iyengar yoga is known for its attention to detail and precise focus on body alignment. It is pioneered the use of props to make the practice more accessible for all people. This is designed to cultivate strength, flexibility, stability and awareness and can be therapeutic.

Kundalini Yoga(Avani):In each of us dwells a powerful Creative Energy – It typically lies dormant. Kundalini yoga is a practice for awakening this energy. As it is ignited, it can support us in living to our full Creative Potential. Learning how to allow this energy to flow through us (and into our lives) can guide us in so many ways!

Mid-Day Mindful Movement (Agni): Experience a mind body connection by moving fluidly with guided awareness of your breath and energy. A great way to recharge, open, and feel grounded for the rest of the day!

Although held in Agni, this is not a hot yoga class)

Mindful Yoga Flow (Avani): Identify and release stress in the body, balance your emotions and calm your mind while cultivating positive qualities of energy.

QiGong Fusion (Avani): Revitalize your body’s energy system with a blend of QiGong and yoga practices that restore life’s rhythm and harmony.

Restorative Yoga/Meditation (Avani): This class will offer you some Restorative Yoga, some Yin Yoga, and Meditation. A wonderful experience guaranteed. All you need is an open heart. No experience necessary. All Levels welcome.

Slow Flow (Avani & Agni) : A vinyasa style yoga with a more mindful approach. Perfect for the beginner or advanced yogi who prefers a more gentle flow practice, while incorporating longer holds with the breath. 85-90 degrees in Agni.

Vinyasa Yoga (Avani & Agni): Links breath and movement through Sun Salutations and postures of all types. The smooth continuous flow deepens breathing, increases endurance and will test the edge of your balance & flexibility letting you feel clear, fit, and peaceful. 80-85 degrees in Agni.

Warm Stretch (Agni): Meeting you somewhere between flow and hold. Mindful movement in a classical hatha yoga style. Accessible to all levels, taking a more gentle approach, offering modification to meet every body in the room.

Warm Vinyasa (Agni): Class will encompass a vinyasa flow format inspired. 80-85 degree room temperature. All levels welcome.

Yin Yoga 1(Avani): A perfect compliment to Yang practices. Some standing poses introduced mid-class, most poses are seated, supine, or prone and held with muscles relaxed for several minutes. This allows the more dense connective tissue to be addressed, increasing mobility, joint health & overall wellness.

Yin Inspired Yoga: (Avani) adds Hatha Yoga with some Yin poses

Yoga For Every Body (Avani): Emphasis on careful alignment, breath/body awareness and gentle dynamic flow. The use of props are encouraged, and modifications given allow Every Body feeling both relaxed and renewed.

Yoga 1-2(Avani): Class offers meditative poses that allow us to use the breath to sink deeper into movement and posture.

Yoga 2 The Core 1-2(Avani): Learn to stay clam, balanced, & grounded. Build strength & body awareness, cultivate mental & emotional support through a variety of yoga poses, while utilizing the breath. We will also add an emphasis on core training!

Yoga Tune-up (Agni): A Therapeutic Yoga class that will work with Therapy Balls and other props to relieve aches and pains, increase mobility, improve posture and performance! 80-85 degrees 20% humidity

Specialty Classes ~ Pre-Registration/Fee Based or Membership Upgrade Required

Aerial Yoga **: In this program you need to be able bodied/major injury and limitation free, and able to kick up to a hand stand on the wall unassisted. Yoga practitioners, dancers, acroyogis, acrobats, gymnasts, and anyone who is ready to try something that will take them to new heights with this anti-gravity practice.

Warm Water **: This class is specific to participants who need to increase joint mobility, range of motion and balance. Water is heated to 93 degrees.

Kids Yoga(Avani):** Yoga helps kids develop body awareness while learning how to use their bodies in a healthy way. It also manages stress through breathing, awareness and meditation. It helps build concentration and increases confidence and promotes a positive self-image. Kids will have fun being part of this healthy, non-competitive activity.

If you have any questions, regarding our Summer Schedule of classes at Sky, please feel free to contact our Group Exercise Coordinator, Melissa Morawiecki...Melissa can sit down with you and go through the class list to customize a schedule to meet your needs.

Melissa Morawiecki
Group Exercise Coordinator

(847)229-0292 mmmorawiecki@skyfitnesschicago.com