

**Monday      Tuesday      Wednesday      Thursday      Friday      Saturday      Sunday**

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 Erika	8:00-9:00 Studio 1 Melissa/Retha
7:00-8:15 Avani Yoga Sunrise Yoga Olga	8:00-9:15 Avani Yoga Sunrise Yoga Olga	7:00-8:15 Avani Yoga Kundalini Yoga Michelle	5:30-6:30 Studio 2 Open Cycle	7:00-8:15 Avani Yoga Sunrise Yoga Olga	8:30-9:30 Avani Yoga Sky Yoga Level 1/2 Liane	8:00-9:00 Studio 2 Lisa
8:15-9:15 Agni Yoga Gentle Warm Sky Yoga Laura	8:15-9:15 Studio 1 Tabata Cardio & Strength Brenda	8:15-9:15 Studio 1 Yelena	8:15-9:15 Studio 1 Tabata Cardio & Strength Brenda	8:15-9:15 Studio 1 Cardio & Ball Conditioning Jane	8:35-9:05 Studio 1 Bev	8:30-9:30 Move Strong HIIT & HIT Jordan
8:30-9:15 Studio 1 Pilates Plus! Janine	9:30-10:30 Avani Yoga Sky Yoga Level 1 Marisa	9:30-10:30 Pool H2O Training Carl	8:30-9:30 Basketball Total Body Bootcamp Jordan	8:30-9:30 Move Strong SKYFit Jordan	9:00-10:00 Pool Aqua Motion Tabatha	9:00-10:15 Avani Yoga Sky Yoga Level 1/2 Pavla
9:00-10:00 Pool Total Splash Carl	9:30-10:15 Therapy Pool Warm Water ** Ellen	9:35-10:35 Studio 1 WerQ Jane	9:30-10:15 Therapy Pool Warm Water ** Ellen	9:00-10:00 Pool Half & Half! Carl	9:00-10:00 Pilates Studio Pilates Reformer Class * Yelena	9:05-9:35 Studio 1 Yelena
9:35-10:35 Studio 1 Melissa	9:45-10:45 Agni Yoga Warm Sky Yoga Level 1/2 Werner	9:35-10:35 Studio 2 Brenda	9:35-10:35 Studio 1 Melissa	9:30-10:30 Agni Yoga Hot Sky Yoga Tabatha	9:10-10:10 Studio 1 WerQ Jane	9:30-10:30 Agni Yoga Hot Sky Yoga Tabatha
9:45-11:00 Avani Yoga Sky Yoga Level 1 RuthAnn	9:35-10:35 Studio 1 BARRE Core Yelena	9:45-10:45 Avani Yoga Sky Yoga Level 1/2 RuthAnn	9:45-11:00 Avani Yoga Sky Yoga Level 1/2 Laura	9:35-10:35 Studio 1 REVIVE Jane	9:15-10:15 Studio 2 Bev	9:30-10:30 Pool Aqua Fit Carl
9:45-10:45 Agni Yoga Hot Sky Yoga Tabatha	10:40-11:40 Studio 1 RUGIYA/MAGGIE	10:15-11:15 Agni Yoga Hot Sky Yoga Tabatha	10:30-11:30 Pool Smooth Seas Kathy	9:35-10:35 Studio 2 Melissa	9:30-10:30 Agni Yoga Warm Sky Yoga Level 1/2 Jill	9:40-10:40 Studio 1 Yelena
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 Angie	9:45-11:00 Avani Yoga Sky Yoga Level 1/2 Laura	10:00-11:00 Move Strong MoveStrong Justin	9:45-10:45 Move Strong Move Strong Jordan
10:40-11:40 Studio 1 Cardio & Ball Conditioning Jane	11:30-12:30 Move Strong HIIT & HIT Jordan	10:40-11:40 Studio 1 Pilates Plus! Melissa	11:15-12:30 Avani Yoga Sky Yoga Level 1 Marcia	10:00-11:00 Pilates Studio Pilates Reformer Class * Yelena	10:00-11:15 Avani Yoga Sky Yoga Level 1/2 Laura	10:30-11:45 Avani Yoga Restorative Sky Yoga/ Meditation Pavla
11:15-12:15 Avani Yoga Restorative Sky Yoga Nancy M.	11:30-12:30 Avani Yoga Sky Yoga Level 1 Stacey	11:15-12:15 Avani Yoga Gentle Sky Yoga Ruth Ann	11:45-12:45 Studio 1 Nancy	10:15-11:00 Therapy Pool Warm Water ** Edie	10:15-11:15 Studio 1 Marisa	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 Hot Sky Yoga Tabatha	4:30-5:30 Studio 2 Open Cycle	10:40-11:40 Studio 1 Mirfa/Elizabeth	11:30-12:45 Avani Yoga Yin Yoga All Levels Natasha	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 Yin Yoga All Levels 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	1:00-3:00 Basketball Open Pickleball	
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		
5:30-6:30 Move Strong Move Strong Jordan	5:30-6:30 Studio 1 Brenda	4:30-5:30 MoveStrong HIIT & HIT Jordan	6:00-7:00 Move Strong MoveStrong Justin	4:30-5:30 MoveStrong HIIT & HIT Jordan		
5:30-6:30 Studio 1 Yelena	6:00-7:00 Move Strong MoveStrong Justin	5:30-6:30 Studio 2 Open Cycle	6:30-7:30 Agni Yoga Hot Sky Yoga 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 Hot Sky Yoga Tabatha	5:30-6:30 Studio 1 Erika	6:30-7:45 Avani Yoga Sky Yoga Level 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 Sky Yoga Level 1/2 Mary	6:30-7:30 Agni Yoga Warm Sky Yoga Level 1/2 Marisa	6:45-7:45 Studio 1 Mirfa			
6:30-7:30 Agni Yoga Warm Sky Yoga Level 1/2 Jingli	7:00-8:00 Pilates Studio Pilates Reformer Class * Yelena	6:30-7:45 Avani Yoga Sky Yoga Level 1/2 Natasha	7:00-8:00 Pilates Studio Pilates Reformer Class * Yelena			
6:45-7:45 Studio 1 Elizabeth	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				

**Spring Schedule Effective 4/8/2019**

**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!

**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 want 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!

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

**Tabata Cardio & Group Core:** First 30 minutes of Intense cardio for all levels designed to get the whole body involved and then 30 min. of Group Core.

**Tabata Cardio & Strength:** 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 & Strength)

**Total Body Bootcamp:** Get your sweat on in this high energy, judgement free boot camp class. You will work through movements at your own pace and modify them to fit your body and fitness level.

**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 Fit:** This is an advanced water class, similar to Tabata on land, but utilizing the water and a variety of equipment.

**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 Training:** A challenging water workout, fit for everyone, especially those interested in muscle endurance, strength, and flexibility.

**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**

**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 reflections.

**Gentle Warm Sky Yoga (Agni):** 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 & aprens are used to both support & challenge students. **80-85 degrees**

**Gentle Sky Yoga (Avani):** A great class for beginners. You will move your body in a gentle comfortable way. Pose modifications will be offered, so that everyone, at every fitness and comfort level, can participate.

**Hot Sky Yoga (Agni):** Come hydrated and be ready to sweat in our heated studio that will leave you feeling detoxed and invigorated. Combine faster paced yoga postures with your breath and fun and challenging arm balances. **103-105 degrees**

**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!

**Restorative Sky 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.

**Sky Yoga Level 1 (Avani):** The basics and fundamentals of yoga poses are introduced. Learn the process of proper alignment in the poses, breathing techniques, and the use of props. This class is designed for beginners, as well as the seasoned practitioner.

**Sky Yoga Level 1/2 (Avani):** This class is designed for those who have had more exposure to yoga and have begun to explore a wider variety of postures and styles. The intermediate student understands the relationship between breath and movement.

**Sunrise Yoga (Avani):** A yoga practice inspired by breath work, with the combination of Hatha Yoga postures designed to give you great energy all day. All levels welcome.

**Warm Sky Yoga Level 1 (Agni):** Explore a variety of postures through breath and movement, building strength, gaining flexibility, and developing stillness within.

**85-90 degrees**

**Warm Sky Yoga Level 1/2 (Agni):** A lovely class that warms the muscles, allowing you to reach new levels of personal flexibility through yoga postures.

**90-95 degrees.**

**Yin Yoga All Levels (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.

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

**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.

**Pilates Reformer Class\*\*:** Join Yelena in the Pilates Studio for a group class session.

**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 in our warm therapy pool.

If you have any questions, regarding your 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