SKY Fitness Class/Studio Schedule Effective 1/21/2015

Monday

5:00-12:00 FitSmart	Personal Training Team **
5:30-6:30 Studio 1	Group Power Bridgette
7:00-8:15 Avani Yoga	Energy All Day Olga
8:30-9:30 Studio 1	Strength & Sculpt Bev
9:00-10:00 Move Strong	*MoveStrong* FT Mike
9:00-10:00 Pool	Total Splash Carl
9:30-10:45 Avani Yoga	Alignment Yoga 1 Allison
9:30-10:15 Therapy Pool	Warm Water ** Judy
9:30-10:30 Agni Yoga	Yoga Sculpt ** Erynn
9:35-10:35 Studio 2	Group Ride Bev
9:35-10:35 Studio 1	Group Blast(Step) Melissa
10:40-11:40 Studio 1	Ball Conditioning Susan
11:15-12:30 Avani Yoga	Gentle Yoga (All) Allison
11:15-12:00 Therapy Pool	Warm Water ** Dale
11:45-12:45 Studio 1	Trim & Tone Paula
1:00-2:00 FitSmart	Personal Training Leslye **
1:00-1:45 Therapy Pool	Warm Water ** Paula
1:00-1:45 Avani Yoga	Lunch Time Yoga Nickie
5:00-6:00 FitSmart	Personal Training Leslye **
5:30-6:30 Move Strong	*MoveStrong* FT Mike
5:30-6:30 Studio 1	Group Power Laurie
5:30-6:15 Therapy Pool	Warm Water ** Rita
6:00-7:00 Studio 2	SPiVi Cycle Carol
6:00-7:00 Agni Yoga	Power Hour ** Nina
6:15-7:30 Avani Yoga	Vinyasa Yoga 1-2 Nickie
6:35-7:35 Studio 1	Zumba Velina

Tuesday

5:30-6:30 Studio 2	SPiVi Cycle Kathy F
7:00-8:00 Pool	Smooth Seas Laurie
8:00-9:00 FitSmart	Personal Training Leslye **
8:30-9:30 Studio 1	Tabata Interval & Abs Connie
9:30-10:30 Agni Yoga	Hot Yoga ** Werner
9:30-10:15 Therapy Pool	Warm Water ** Ellen
9:35-10:35 Studio 1	Group Active Laurie
9:40-10:40 Studio 2	SPiVi Open Spin
10:30-11:15 Therapy Pool	Warm Water ** Paula
10:40-11:40 Studio 1	Zumba Arleta
10:45-11:45 Pool	Smooth Seas Laurie
11:15-12:30 Avani Yoga	Alignment Yoga 1-2 Jayne
11:45-12:45 Studio 1	Light & Low Paula
4:45-6:00 Studio 2	SPiVi Open Spin
5:30-6:30 Studio 1	Group Kick Mindy
6:15-7:30 Agni Yoga	Power Vinyasa ** Jamie
6:35-7:35 Studio 1	Barre Sculpt Rebekah
6:30-7:45 Avani Yoga	Yoga 2-3 Sarah
8:00-9:00 Studio 1	Aerial Yoga ** Sarah

Wednesday

5:00-12:00 FitSmart	Personal Training Team **
5:30-6:30 Studio 1	Group Power Bridgette
7:00-8:15 Avani Yoga	Kundalini Yoga Michelle
8:30-9:30 Studio 1	Group Power Yelena
9:00-10:00 Move Strong	*MoveStrong* FT Mike
9:30-10:45 Agni Yoga	Slow Flow ** Ruth Ann
9:30-10:30 Pool	H2O Training Susan
9:35-10:35 Studio 2	Group Ride Lisa
9:35-10:05 Studio 1	Group Core Bev
9:35-10:35 Basketball	Group Groove Marisa
10:05-10:35 Studio 1	Boot Camp Bev
10:15-11:00 Therapy Pool	Warm Water** Team
10:40-11:40 Studio 1	Pilates Plus Janine
11:15-12:30 Avani Yoga	Gentle Yoga Ruth Ann
11:15-12:00 Therapy Pool	Warm Water** Team
11:45-12:45 Studio 1	Total Strength Paula
1:00-2:00 FitSmart	Personal Training Leslye **
1:00-1:45 Therapy Pool	Warm Water ** Paula
1:00-1:45 Avani Yoga	Lunch Time Yoga Nickie
5:00-6:00 FitSmart	Personal Training Leslye **
5:30-6:30 Studio 1	Group Active Connie
6:00-7:00 Studio 2	Group Ride Beth
6:00-7:00 Agni Yoga	Power Hour ** Erynn
6:15-7:30 Avani Yoga	Yin Infused Yoga Natasha
6:35-7:35 Studio 1	Group Centergy Rebekah

Thursday

5:30-6:30 Studio 2	SPiVi Cycle Kathy F
7:00-8:00 Pool	Total Splash Laurie
8:00-9:00 FitSmart	Personal Training Leslye **
8:30-9:30 Studio 1	Group Active Connie
9:30-10:30 Agni Yoga	Yoga Sculpt ** Jamie
9:30-10:15 Therapy Pool	Warm Water ** Ellen
9:30-10:45 Avani Yoga	Alignment Yoga 2 Jayne
9:35-10:35 Studio 1	Group Centergy Lisa
9:35-10:35 Studio 2	SPiVi Cycle Connie
10:30-11:30 Pool	Smooth Seas Kathy M
10:30-11:15 Therapy Pool	Warm Water ** Laurie
10:40-11:40 Studio 1	Ball Conditioning/Cardio Susan
11:15-12:30 Avani Yoga	Yoga For Every Body Marcia
11:45-12:45 Studio 1	Light & Low Kathy M
4:45-6:00 Studio 2	SPiVi Open Spin
5:30-6:30 Move Strong	*MoveStrong* FT Mike
5:30-6:30 Studio 1	Group Power Carol
5:30-6:15 Therapy Pool	Warm Water ** Jodi
6:15-7:30 Agni Yoga	Power Hour ** Werner
6:30-7:45 Avani Yoga	Yoga 1-2 Mary
6:30-7:30 FitSmart	Tai Chi 1-2 ** Joe
6:35-7:35 Studio 1	Zumba Carly

Friday

5:00-12:00 FitSmart	Personal Training Team **
5:30-6:30 Studio 1	Group Active Melissa
7:00-8:15 Avani Yoga	Energy All Day Olga
8:30-9:30 Studio 1	Ball Conditioning Jane
9:00-10:00 Move Strong	*MoveStrong* FT Bev
9:00-10:00 Pool	Half & Half! Edie
9:30-10:30 Agni Yoga	Hot Yoga ** Erynn
9:30-10:45 Avani Yoga	Vinyasa Yoga 2 Nickie
9:35-10:35 Studio 2	SPiVi Cycle Angie
9:35-10:35 Studio 1	Freestyle Step Jane
10:15-11:00 Therapy Pool	Warm Water ** Edie
10:40-11:40 Studio 1	Zumba Kortnee
11:15-12:00 Therapy Pool	Warm Water ** Edie
11:30-12:30 Avani Yoga	Chair Yoga Karen/Marcia
12:00-1:00 Studio 1	Aerial Yoga ** Mary
1:00-1:45 Therapy Pool	Warm Water ** Paula
1:15-2:15 Studio 1	Tai Chi 1-2 ** Joe
5:30-6:30 Avani Yoga	Friday Vinyasa Mary/Ruth Ann/Marcia

Saturday

6:00-9:30 FitSmart	Personal Training ** Kane/Team
7:00-8:00 Studio 2	SPiVi Cycle Joe
8:00-9:00 Studio 1	Group Power Bev
8:00-9:00 Studio 2	SPiVi Open Spin
8:30-9:45 Avani Yoga	Vinyasa Yoga 2 Ruth Ann
9:00-10:00 Pool	Total Splash Laurie/Karen
9:00-10:00 Move Strong	*MoveStrong* FT Mike
9:05-10:05 Studio 1	Group Groove Jane
9:10-10:10 Studio 2	Group Ride Bev
9:30-10:30 Agni Yoga	Yoga Sculpt ** Maureen
10:00-11:15 Avani Yoga	Yoga 1-2 Bruce
10:00-11:00 FitSmart	Mighty Body Band ** Olga
10:15-11:15 Studio 1	Group Active Bev
10:30-11:15 Therapy Pool	Warm Water ** Laurie/Karen
11:15-12:00 Pool	Smooth Seas Laurie/Karen
11:30-12:45 Avani Yoga	Yin Yoga 1 Bruce

Sunday

8:00-9:00 Studio 2	SPiVi Cycle Carol
8:30-9:30 Studio 1	Group Blast (Step) Keri
9:00-10:15 Studio 2	SPiVi Open Spin
9:00-10:15 Avani Yoga	Yoga 1 Sarah
9:00-10:00 Move Strong	*MoveStrong* FT Alex
9:30-10:45 Agni Yoga	Power Vinyasa ** Jamie
9:30-10:30 Pool	Athletic Training Carl
9:35-10:35 Studio 1	Group Power Yelena
10:30-11:45 Avani Yoga	Yoga 2-3 Sarah
10:30-11:30 FitSmart	Tai Chi 1 ** Joe
10:40-11:40 Studio 1	Zumba Luba
11:45-12:45 Studio 1	Tai Chi 2 ** Joe

Sky Fitness is located at 1501 Busch Parkway,
Buffalo Grove, IL 60089
(847)229-0292

See our websites: www.sky-fitness.com
www.avaniyoga.com
www.agnihotyoga.com

**** = Pre-Registration and/or Payment required**

Find us on: Facebook, Instagram , & Twitter