



# SKY FITNESS CLASS/STUDIO SCHEDULE EFFECTIVE 12/22/2014



## Monday Tuesday Wednesday Thursday Friday Saturday Sunday

<b>5:00-12:00</b> FitSmart	<b>Personal Training</b> Team **	<b>5:30-6:30</b> Studio 2	<b>SPiVi Cycle</b> Kathy F
<b>5:30-6:30</b> Studio 1	<b>Group Power</b> Bridgette	<b>7:00-8:00</b> Pool	<b>Smooth Seas</b> Laurie
<b>7:00-8:15</b> Avani Yoga	<b>Energy All Day</b> Olga	<b>8:00-9:00</b> FitSmart	<b>Personal Training</b> Leslye **
<b>8:30-9:30</b> Studio 1	<b>Strength &amp; Sculpt</b> Bev	<b>8:30-9:30</b> Studio 1	<b>Tabata Interval &amp; Abs</b> Connie
<b>9:00-10:00</b> Move Strong	<b>MoveStrong FT</b> Mike	<b>9:30-10:30</b> Agni Yoga	<b>Hot Yoga **</b> Werner
<b>9:00-10:00</b> Pool	<b>Total Splash</b> Carl	<b>9:30-10:15</b> Therapy Pool	<b>Warm Water **</b> Ellen
<b>9:30-10:45</b> Avani Yoga	<b>Alignment Yoga 1</b> Ruth Ann	<b>9:35-10:35</b> Studio 1	<b>Group Active</b> Laurie
<b>9:30-10:15</b> Therapy Pool	<b>Warm Water **</b> Judy	<b>9:40-10:40</b> Studio 2	<b>SPiVi Open Spin</b>
<b>9:30-10:30</b> Agni Yoga	<b>Yoga Sculpt **</b> Erynn	<b>10:30-11:15</b> Therapy Pool	<b>Warm Water **</b> Paula
<b>9:35-10:35</b> Studio 2	<b>Group Ride</b> Bev	<b>10:40-11:40</b> Studio 1	<b>Zumba</b> Arleta
<b>9:35-10:35</b> Studio 1	<b>Group Blast</b> Melissa	<b>10:45-11:45</b> Pool	<b>Smooth Seas</b> Laurie
<b>10:40-11:40</b> Studio 1	<b>Ball Conditioning</b> Susan	<b>11:15-12:30</b> Avani Yoga	<b>Alignment Yoga 1-2</b> Jayne
<b>11:15-12:30</b> Avani Yoga	<b>Gentle Yoga (All)</b> Ruth Ann	<b>11:45-12:45</b> Studio 1	<b>Light &amp; Low</b> Paula
<b>11:15-12:00</b> Therapy Pool	<b>Warm Water **</b> Dale		
<b>11:45-12:45</b> Studio 1	<b>Trim &amp; Tone</b> Paula		
<b>1:00-2:00</b> FitSmart	<b>Personal Training</b> Leslye **		
<b>1:00-1:45</b> Therapy Pool	<b>Warm Water **</b> Paula		
<b>1:00-1:45</b> Avani Yoga	<b>Lunch Time Yoga</b> Nickie		
<b>5:00-6:00</b> FitSmart	<b>Personal Training</b> Leslye **		
<b>5:30-6:30</b> Move Strong	<b>MoveStrong FT</b> Mike		
<b>5:30-6:30</b> Studio 1	<b>Group Power</b> Laurie	<b>4:45-6:00</b> Studio 2	<b>SPiVi Open Spin</b>
<b>5:30-6:15</b> Therapy Pool	<b>Warm Water **</b> Rita	<b>5:30-6:30</b> Studio 1	<b>Group Kick</b> Mindy
<b>6:00-7:00</b> Studio 2	<b>SPiVi Cycle</b> Carol	<b>6:15-7:30</b> Agni Yoga	<b>Power Vinyasa **</b> Jamie
<b>6:00-7:00</b> Agni Yoga	<b>Power Hour **</b> Nina	<b>6:35-7:35</b> Studio 1	<b>Barre Sculpt</b> Rebekah
<b>6:15-7:30</b> Avani Yoga	<b>Vinyasa Yoga 1-2</b> Nickie	<b>6:30-7:45</b> Avani Yoga	<b>Yoga 2-3</b> Sarah
<b>6:35-7:35</b> Studio 1	<b>Zumba</b> Velina	<b>8:00-9:00</b> Studio 1	<b>Aerial Yoga **</b> Sarah

<i>Christmas Eve</i>	
<b>Sky Fitness Hours</b> 5:00am-3:00pm	
<b>Kidz In Motion Hours</b> 8:00am-12:00pm	
<b>6:00-7:00</b> Studio 2	<b>SPiVi Cycle</b> Kathy
<b>7:00-8:15</b> Avani Yoga	<b>Kundalini Yoga</b> Maria
<b>8:30-9:30</b> Studio 1	<b>Group Power</b> Yelena
<b>9:00-10:00</b> Move Strong	<b>MoveStrong FT</b> Sydney
<b>9:30-10:45</b> Agni Yoga	<b>Hot Vinyasa **</b> Ruth Ann
<b>9:30-10:30</b> Pool	<b>H2O Training</b> Susan
<b>9:35-10:05</b> Studio 1	<b>Group Core</b> Bev
<b>10:10-11:10</b> Studio 1	<b>Group Kick</b> Bridgette
<b>10:15-11:00</b> Therapy Pool	<b>Warm Water**</b> Paula
<b>11:00-12:15</b> Avani Yoga	<b>Restore &amp; Renew(All)</b> Ruth Ann
<b>11:15-12:15</b> Studio 1	<b>Total Strength</b> Paula

*Christmas Day*  
Sky Fitness is closed

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

<b>6:00-9:30</b> FitSmart	<b>Personal Training **</b> Kane/Team
<b>7:00-8:00</b> Studio 2	<b>SPiVi Cycle</b> Joe
<b>8:00-9:00</b> Studio 1	<b>Group Centergy</b> Lisa
<b>8:00-9:00</b> Studio 2	<b>SPiVi Open Spin</b>
<b>8:30-9:45</b> Avani Yoga	<b>Vinyasa Yoga 2</b> Ruth Ann
<b>9:00-10:00</b> Pool	<b>Total Splash</b> Laurie
<b>9:00-10:00</b> Move Strong	<b>MoveStrong FT</b> Mike
<b>9:05-10:05</b> Studio 1	<b>Group Groove</b> Jane
<b>9:10-10:10</b> Studio 2	<b>20/20/20 (Freestyle Active)</b> Lisa
<b>9:30-10:30</b> Agni Yoga	<b>Yoga Sculpt **</b> Maureen
<b>10:00-11:15</b> Avani Yoga	<b>Yoga 1-2</b> Bruce
<b>10:15-11:15</b> Studio 1	<b>Group Active</b> Bev
<b>10:30-11:15</b> Therapy Pool	<b>Warm Water **</b> Laurie
<b>11:15-12:00</b> Pool	<b>Smooth Seas</b> Laurie
<b>11:30-12:45</b> Avani Yoga	<b>Yin Yoga 1</b> Bruce
<b>11:30-12:45</b> Avani Yoga	<b>Yin Yoga 1</b> Bruce
Schedule Change for this week only! Group Power will be back next Saturday	

<b>8:00-9:00</b> Studio 2	<b>SPiVi Cycle</b> Brenda
<b>8:30-9:30</b> Studio 1	<b>Group Blast</b> Keri
<b>9:00-10:15</b> Studio 2	<b>SPiVi Open Spin</b>
<b>9:00-10:15</b> Avani Yoga	<b>Yoga 1</b> Sarah
<b>9:00-10:00</b> Move Strong	<b>MoveStrong FT</b> Alex
<b>9:30-10:45</b> Agni Yoga	<b>Power Vinyasa **</b> Jamie
<b>9:30-10:30</b> Pool	<b>Athletic Training</b> Carl
<b>9:35-10:35</b> Studio 1	<b>Group Power</b> Yelena
<b>10:30-11:45</b> Avani Yoga	<b>Yoga 2-3</b> Sarah
<b>10:40-11:40</b> Studio 1	<b>Zumba</b> Luba
<b>10:40-11:40</b> Studio 1	<b>Zumba</b> Luba

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

See our websites: [www.sky-fitness.com](http://www.sky-fitness.com)  
[www.avaniyoga.com](http://www.avaniyoga.com)  
[www.agnihotyoga.com](http://www.agnihotyoga.com)

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

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