



# SKY FITNESS CLASS/STUDIO SCHEDULE EFFECTIVE 10/3/2014



| Monday                      |                                | Tuesday                     |                                 | Wednesday                   |                                | Thursday                    |                                | Friday                      |                               | Saturday                    |  | Sunday                      |                           |
|-----------------------------|--------------------------------|-----------------------------|---------------------------------|-----------------------------|--------------------------------|-----------------------------|--------------------------------|-----------------------------|-------------------------------|-----------------------------|--|-----------------------------|---------------------------|
| 5:00-12:00<br>FitSmart      | Personal Training<br>Team **   | 5:30-6:30<br>Studio 2       | Cycle<br>Kathy F                | 5:00-12:00<br>FitSmart      | Personal Training<br>Team **   | 5:30-6:30<br>Studio 2       | Cycle<br>Kathy F               | 5:00-12:00<br>FitSmart      | Personal Training<br>Team **  | 6:00-9:30<br>FitSmart       | Personal Training **<br>Kane/Team            | 8:00-9:00<br>Studio 2       | Cycle<br>Carol            |
| 5:30-6:30<br>Studio 1       | Group Power<br>Bridgette       | 7:00-8:00<br>Pool           | Smooth Seas<br>Laurie           | 5:30-6:30<br>Studio 1       | Group Power<br>Bridgette       | 7:00-8:00<br>Pool           | Total Splash<br>Laurie         | 5:30-6:30<br>Studio 1       | Group Active<br>Melissa       | 8:00-9:00<br>Studio 1       | Group Power<br>Bev                           | 8:30-9:30<br>Studio 1       | Group Blast<br>Keri       |
| 7:00-8:15<br>Avani Yoga     | Energy All Day<br>Olga         | 8:00-9:00<br>FitSmart       | Personal Training<br>Leslye **  | 7:00-8:15<br>Avani Yoga     | Kundalini Yoga<br>Michelle F   | 8:00-9:00<br>FitSmart       | Personal Training<br>Leslye ** | 7:00-8:15<br>Avani Yoga     | Energy All Day<br>Olga        | 8:00-9:00<br>Studio 2       | Open Spin                                    | 9:00-10:15<br>Studio 2      | Open Spin                 |
| 8:30-9:30<br>Studio 1       | Strength & Sculpt-<br>Bev      | 8:30-9:30<br>Studio 1       | Tabata Interval & Abs<br>Connie | 8:30-9:30<br>Studio 1       | Group Power<br>Yelena          | 8:30-9:30<br>Studio 1       | Group Active<br>Connie         | 8:30-9:30<br>Studio 1       | Ball Conditioning<br>Jane/Bev | 8:30-9:45<br>Avani Yoga     | Vinyasa Yoga 2<br>Becky                      | 9:00-10:15<br>Avani Yoga    | Yoga 1<br>Sarah           |
| 9:00-10:00<br>Pool          | Total Splash<br>Carl           | 9:30-10:30<br>Agni Yoga     | Hot Yoga **<br>Werner           | 9:30-10:45<br>Agni Yoga     | Slow Flow **<br>Ruth Ann       | 9:30-10:30<br>Agni Yoga     | Yoga Sculpt **<br>Jamie        | 9:00-10:00<br>Pool          | Half & Half!<br>Edie          | 9:00-10:00<br>Pool          | Total Splash<br>Laurie                       | 9:30-10:45<br>Agni Yoga     | Power Vinyasa **<br>Jamie |
| 9:30-10:45<br>Avani Yoga    | Alignment Yoga 1<br>Allison    | 9:30-10:15<br>Therapy Pool  | Warm Water **<br>Ellen          | 9:30-10:30<br>Pool          | H2O Training<br>Susan          | 9:30-10:45<br>Avani Yoga    | Alignment Yoga 2<br>Jayne      | 9:30-10:30<br>Agni Yoga     | Hot Yoga **<br>Erynn          | 9:05-10:05<br>Studio 1      | Group Groove/Zumba<br>Marisa/Jane/Carly/Luba | 9:30-10:30<br>Pool          | Athletic Training<br>Carl |
| 9:30-10:15<br>Therapy Pool  | Warm Water **<br>Judy          | 9:35-10:35<br>Studio 1      | Group Active<br>Laurie          | 9:35-10:35<br>Studio 2      | Group Ride<br>Lisa             | 9:30-10:15<br>Therapy Pool  | Warm Water **<br>Ellen         | 9:30-10:45<br>Avani Yoga    | Vinyasa Yoga 2<br>Nickie      | 9:10-10:10<br>Studio 2      | Group Ride<br>Bev                            | 9:35-10:35<br>Studio 1      | Group Power<br>Yelena     |
| 9:30-10:30<br>Agni Yoga     | Yoga Sculpt **<br>Erynn        | 9:40-10:40<br>Studio 2      | Open Spin                       | 9:35-10:05<br>Studio 1      | Group Core<br>Bev              | 9:35-10:35<br>Studio 1      | Group Centergy<br>Lisa         | 9:35-10:35<br>Studio 2      | Cycle<br>Angie                | 9:30-10:30<br>Agni Yoga     | Yoga Sculpt **<br>Vicky                      | 10:30-11:30<br>FitSmart     | Tai Chi 1 **<br>Joe       |
| 9:35-10:35<br>Studio 2      | Group Ride<br>Bev              | 10:30-11:15<br>Therapy Pool | Warm Water **<br>Paula          | 9:35-10:35<br>Basketball    | Group Groove<br>Marisa/Jane    | 9:40-10:40<br>Studio 2      | Pedal & Pump<br>Connie         | 9:35-10:35<br>Studio 1      | Group Blast<br>Bridgette      | 10:00-11:15<br>Avani Yoga   | Yoga 1-2<br>Bruce                            | 10:30-11:45<br>Avani Yoga   | Yoga 2-3<br>Sarah         |
| 9:35-10:35<br>Studio 1      | Group Blast<br>Melissa         | 10:40-11:40<br>Studio 1     | Zumba<br>Arleta                 | 10:05-10:35<br>Studio 1     | Boot Camp<br>Bev               | 10:30-11:30<br>Pool         | Smooth Seas<br>Kathy M         | 10:15-11:00<br>Therapy Pool | Warm Water **<br>Edie         | 10:00-11:00<br>FitSmart     | Mighty Body Band**<br>Olga R                 | 10:40-11:40<br>Studio 1     | Zumba<br>Luba             |
| 10:40-11:40<br>Studio 1     | Ball Conditioning<br>Susan     | 10:45-11:45<br>Pool         | Smooth Seas<br>Laurie           | 10:15-11:00<br>Therapy Pool | Warm Water**<br>Dale           | 10:30-11:15<br>Therapy Pool | Warm Water **<br>Laurie        | 10:40-11:40<br>Studio 1     | Group Power<br>Susan          | 10:15-11:15<br>Studio 1     | Group Active<br>Bev                          | 11:45-12:45<br>Studio 1     | Tai Chi **<br>Joe         |
| 11:15-12:30<br>Avani Yoga   | Gentle Yoga (All)<br>Allison   | 11:15-12:30<br>Avani Yoga   | Alignment Yoga 1-2<br>Jayne     | 10:40-11:40<br>Studio 1     | Pilates Plus<br>Janine         | 10:40-11:40<br>Studio 1     | Group Power<br>Susan           | 11:15-12:30<br>Avani Yoga   | Yoga For Every Body<br>Marcia | 11:15-12:00<br>Therapy Pool | Warm Water **<br>Edie                        | 10:30-11:15<br>Therapy Pool | Warm Water **<br>Laurie   |
| 11:15-12:00<br>Therapy Pool | Warm Water **<br>Dale          | 11:45-12:45<br>Studio 1     | Light & Low<br>Paula            | 11:15-12:30<br>Avani Yoga   | Gentle Yoga (All)<br>Ruth Ann  | 11:15-12:30<br>Avani Yoga   | Yoga For Every Body<br>Marcia  | 11:15-12:00<br>Therapy Pool | Chair Yoga<br>Karen/Marcia    | 11:30-12:30<br>Avani Yoga   | Smooth Seas<br>Laurie                        | 11:15-12:00<br>Pool         | Smooth Seas<br>Laurie     |
| 11:45-12:45<br>Studio 1     | Trim & Tone<br>Paula           |                             |                                 | 11:15-12:00<br>Therapy Pool | Warm Water**<br>Dale           | 11:45-12:45<br>Studio 1     | Light & Low<br>Kathy M         | 12:00-1:00<br>Studio 1      | Aerial Yoga **<br>Mary        | 11:30-12:45<br>Avani Yoga   | Yin Yoga 1<br>Bruce                          |                             |                           |
| 1:00-2:00<br>FitSmart       | Personal Training<br>Leslye ** |                             |                                 | 11:45-12:45<br>Studio 1     | Total Strength<br>Paula        |                             |                                | 1:00-1:45<br>Therapy Pool   | Warm Water **<br>Paula        |                             |  |                             |                           |
| 1:00-1:45<br>Therapy Pool   | Warm Water **<br>Paula         |                             |                                 | 1:00-2:00<br>FitSmart       | Personal Training<br>Leslye ** |                             |                                |                             |                               |                             |  |                             |                           |
| 1:00-1:45<br>Avani Yoga     | Lunch Time Yoga<br>Nickie      | 1:00-1:45<br>Studio 1       | Cardio/Core/Circuit<br>Leslye   | 1:00-1:45<br>Therapy Pool   | Warm Water **<br>Paula         | 1:00-1:45<br>Studio 1       | Zumba<br>Leslye                |                             |                               |                             |  |                             |                           |
| 5:00-6:00<br>FitSmart       | Personal Training<br>Leslye ** |                             |                                 | 1:00-1:45<br>Therapy Pool   | Warm Water **<br>Paula         |                             |                                |                             |                               | 9:40-10:40<br>Pool          | H2O Training<br>Susan                        |                             |                           |
| 5:30-6:30<br>Studio 1       | Group Power<br>Laurie          | 4:45-6:00<br>Studio 2       | Open Spin                       | 1:00-1:45<br>Avani Yoga     | Lunch Time Yoga<br>Nickie      |                             |                                | 4:45-6:00<br>Studio 2       | Open Spin                     |                             |  |                             |                           |
| 5:30-6:15<br>Therapy Pool   | Warm Water **<br>Rita          | 5:30-6:30<br>Studio 1       | Group Kick<br>Mindy             | 5:00-6:00<br>FitSmart       | Personal Training<br>Leslye ** | 5:30-6:30<br>Studio 1       | Group Power<br>Carol           | 5:30-6:30<br>Studio 1       | Group Power<br>Carol          | 5:30-6:30<br>Avani Yoga     |  |                             |                           |
| 6:00-7:00<br>Studio 2       | Cycle<br>Carol                 | 6:15-7:30<br>Agni Yoga      | Power Vinyasa **<br>Jamie       | 5:30-6:30<br>Studio 1       | Group Active<br>Connie/Sara    | 5:30-6:15<br>Therapy Pool   | Warm Water **<br>Jodi          | 5:30-6:15<br>Therapy Pool   | Warm Water **<br>Jodi         |                             |  |                             |                           |
| 6:00-7:00<br>Agni Yoga      | Power Hour **<br>Nena          | 6:35-7:35<br>Studio 1       | Barre Sculpt<br>Kortnee         | 6:00-7:00<br>Studio 2       | Group Ride<br>Beth             | 6:00-7:00<br>Agni Yoga      | Yoga Sculpt **<br>Werner       | 6:00-7:00<br>Agni Yoga      | Yoga Sculpt **<br>Werner      |                             |  |                             |                           |
| 6:15-7:30<br>Avani Yoga     | Vinyasa Yoga 1-2<br>Nickie     | 6:30-7:45<br>Avani Yoga     | Yoga 2-3<br>Sarah               | 6:00-7:00<br>Agni Yoga      | Power Hour **<br>Erynn         | 6:30-7:45<br>Avani Yoga     | Yoga 1-2<br>Mary               | 6:30-7:45<br>Avani Yoga     | Yoga 1-2<br>Mary              |                             |  |                             |                           |
| 6:35-7:35<br>Studio 1       | Zumba<br>Velina                |                             |                                 | 6:15-7:30<br>Avani Yoga     | Gentle Yin Yoga<br>Natasha     | 6:35-7:35<br>Studio 1       | Zumba<br>Carly                 | 6:35-7:35<br>Studio 1       | Zumba<br>Carly                |                             |  |                             |                           |
| 7:15-8:15<br>Agni Yoga      | Candle Light Yoga **<br>Nena   | 8:00-9:00<br>Studio 1       | Aerial Yoga **<br>Sarah         | 6:35-7:35<br>Studio 1       | Group Centergy<br>Sara/Rebekah | 6:30-7:30<br>FitSmart       | Mighty Body Band **<br>Olga    | 6:30-7:30<br>FitSmart       | Mighty Body Band **<br>Olga   |                             |  |                             |                           |

**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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