



# SKY FITNESS CLASS/STUDIO SCHEDULE EFFECTIVE 11/3/2014



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

FYI - Next Mighty Body Band Session begins 11/1-12/16/2014. Two Special Drop -In Thursday nights offered 11/13/2014 & 12/11/2014

**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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