SKY Fitness Class/Studio Schedule Effective 11/3/2014

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

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