

SKY FITNESS CLASS/STUDIO SCHEDULE EFFECTIVE 12/1/2014

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

FYI - Next Mighty Body Band Session begins 11/1-12/16/2014.
Special Drop -In Thursday night offered 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
www.avaniyoga.com
www.agnihotyoga.com

** = Pre-Registration and/or Payment required
Find us on: Facebook, Instagram, & Twitter