



SKY FITNESS CLASS/STUDIO SCHEDULE FOR 7/28/2014 – 8/3/2014



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	5:00-10:25 FitSmart	Personal Training Team **	5:30-6:30 Studio 2	Spivi® Cycle Kathy F	5:00-12:00 FitSmart	Personal Training Team **	8:00-9:00 Basketball	Group Power Bev	7:45-8:45 Studio 1	Group Power Yelena
5:30-6:30 Studio 1	Group Centergy Lisa	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 Agni Yoga	Power Hour ** Marcy	8:00-9:00 Studio 2	Spivi® Cycle Carol
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 R	8:30-9:30 Avani Yoga	Vinyasa Yoga 2 Becky	9:00-10:15 Avani Yoga	Yoga 1 Sarah
8:30-9:30 Studio 1	Group Power Connie	8:30-9:00 Studio 1	Tabata Training Connie	8:30-9:30 Studio 1	Group Power Susan	8:30-9:30 Studio 1	Group Active Connie	8:30-9:30 Studio 1	Ball Conditioning Jane	9:00-10:00 Pool	Total Splash Laurie	9:00-10:00 Studio 1	Group Blast Keri
9:00-10:00 Pool	Total Splash Carl	9:00-9:30 Studio 1	Group Core Connie	9:35-10:35 Studio 2	Spivi® Cycle Melissa	9:30-10:30 Agni Yoga	Power Hour Jamie	9:00-10:00 Pool	Half & Half! Edie	9:10-10:10 Studio 2	Group Ride Bev	9:30-10:45 Agni Yoga	Power Hour Jamie
9:00-10:15 Avani Yoga	Alignment Yoga 2 Allison	9:30-10:30 Agni Yoga	Series 1 ** Werner	9:30-10:45 Agni Yoga	Warm Vinyasa ** Ruth Ann	9:35-10:35 Studio 2	Group Ride Brenda	9:35-10:35 Studio 2	Spivi® Cycle Angie	9:20-10:20 Studio 1	Group Groove Jane	9:30-10:30 Pool	Athletic Training Carl
9:35-10:35 Studio 2	Group Ride Bev	9:30-10:15 Therapy Pool	Arthritis * Ellen	9:35-10:05 Studio 1	Group Core LAUNCH Bev & Connie	9:30-10:45 Avani Yoga	Alignment Yoga 2 Michelle A (SUB)	9:30-10:45 Avani Yoga	Deep Release ** Erynn	10:00-11:15 Avani Yoga	Yoga 1-2 Ruth Ann (SUB)	10:10-11:10 Studio 1	Zumba Luba
9:30-10:15 Therapy Pool	Arthritis * Judy	9:30-10:30 FitSmart	Mighty Body Band ** Olga R	9:35-10:35 Basketball	Group Groove Jane	9:30-10:15 Therapy Pool	Arthritis * Ellen	9:35-10:35 Studio 1	Group Blast Bev	10:00-11:00 FitSmart	Mighty Body Band** Olga R	10:30-11:45 Avani Yoga	Yoga 2-3 Sarah
9:30-10:30 Agni Yoga	Power Hour ** Erynn	9:35-10:35 Studio 1	Group Active Laurie	9:40-10:40 Pool	H2O Training Susan	9:35-10:35 Studio 1	Group Centergy Lisa	10:00-11:15 Avani Yoga	Vinyasa Yoga 2 Nickie	10:25-11:25 Studio 1	Group Active Bev		
9:35-10:35 Studio 1	Group Blast Melissa	10:30-11:15 Therapy Pool	Arthritis * Paula	10:05-10:35 Studio 1	Boot Camp Express Bev	10:30-11:30 Pool	Smooth Seas Kathy M	10:15-11:00 Therapy Pool	Arthritis * Edie	10:30-11:15 Therapy Pool	Arthritis * Laurie		
10:35-11:35 Studio 1	Ball Conditioning Susan	10:40-11:40 Studio 1	Zumba Arleta	10:15-11:00 Therapy Pool	Arthritis* Dale	10:30-11:15 Therapy Pool	Arthritis * Laurie	10:40-11:40 Studio 1	Adult Ballet Janine	11:15-12:00 Pool	Smooth Seas Laurie		
11:15-12:30 Avani Yoga	Gentle Yoga (All) Allison	10:45-11:45 Pool	Smooth Seas Laurie	10:30-11:30 FitSmart	Pilates Plus Janine	10:45-11:30 Studio 1	Step Express Lisa	11:15-12:00 Therapy Pool	Arthritis * Edie	11:30-12:45 Avani Yoga	Yin Yoga 1 Ruth Ann (SUB)		
11:15-12:00 Therapy Pool	Arthritis * Dale	11:15-12:30 Avani Yoga	Alignment Yoga 1-2 Allison (SUB)	10:40-11:40 Studio 1	Total Strength Paula	11:15-12:30 Avani Yoga	Gentle Yoga (All) Marcia	11:30-12:30 Avani Yoga	Chair Yoga Karen	11:30-12:45 Agni Yoga	Deep Release Marcia		
11:40-12:40 Studio 1	Trim & Tone Paula	11:40-12:40 Studio 1	Light & Low Paula	11:15-12:30 Avani Yoga	Gentle Yoga (All) Ruth Ann	11:40-12:40 Studio 1	Light & Low Kathy M	12:00-1:00 Studio 1	Aerial Basics ** Sarah (SUB)				
12:00-1:00 FitSmart	Personal Training Leslye **			11:15-12:00 Therapy Pool	Arthritis* Dale			1:00-1:45 Therapy Pool	Arthritis * Paula				
1:00-1:45 Therapy Pool	Arthritis * Paula			12:00-1:00 FitSmart	Personal Training Leslye **								
1:00-2:00 Pool	Swim Training ** Private (2 lanes)			1:00-2:00 Pool	Swim Training ** Private (2 lanes)					1:00-2:00 Pool	Swim Training ** Private (2 lanes)		
5:00-6:00 FitSmart	Personal Training Leslye **			1:00-1:45 Therapy Pool	Arthritis * Paula								
5:30-6:30 Studio 1	Group Power Laurie	5:30-6:30 Studio 1	Group Kick LAUNCH Mindy	5:00-6:00 FitSmart	Personal Training Leslye **								
5:30-6:15 Therapy Pool	Arthritis * Rita	5:30-6:15 Therapy Pool	Arthritis * Susan	5:30-6:30 Studio 1	Group Active Connie	5:30-6:30 Studio 1	Group Power Carol	5:30-6:30 Avani Yoga	Friday Vinyasa Michelle A				
6:00-7:00 Studio 2	Spivi® Cycle Carol	6:15-7:30 Agni Yoga	Warm Vinyasa ** Jamie	6:00-7:00 Studio 2	Group Ride Lisa (SUB)	5:30-6:15 Therapy Pool	Arthritis * Jodi	5:30-6:30 Studio 1	Group Power Yelena				
6:00-7:00 Agni Yoga	Series 1 ** Michelle A	6:30-7:45 Avani Yoga	Yoga 2-3 Sarah	6:00-7:00 Agni Yoga	Series 1 ** Erynn	6:00-7:00 Agni Yoga	Power Hour ** Werner						
6:30-7:45 Avani Yoga	Vinyasa Yoga 1-2 Nickie	6:35-7:35 Studio 1	Barre Above Pilates Susan	6:30-7:45 Avani Yoga	Gentle Yin Yoga Natasha	6:30-7:45 Avani Yoga	Yoga 1-2 Mary						
6:35-7:35 Studio 1	Zumba Velina	8:00-9:00 Studio 1	Aerial Expanding** Sarah	6:35-7:35 Studio 1	Group Centergy Rebekkah	6:35-7:35 Studio 1	Zumba Carly						



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

Find us on: Facebook, Instagram , & Twitter

Class Descriptions ~ Group Exercise

Adult Ballet: Tone & tighten your body while learning the fundamentals of ballet. Promoting cardio fitness & good posture, this class progress from the barre to the center, stretching included. Socks or ballet slippers required.

Arthritis: Developed by the Arthritis Foundation, this class is specific to participants who need to increase joint mobility, range of motion and balance. Water is heated to 93 degrees. *Pre-registration and a doctors authorization is required to participate in this class.

Ball Conditioning: Emphasizes core stability along with strength conditioning for the entire body. A stability ball and various weights are the primary tools.

Boot Camp: A 10 minute warm up followed by body weight exercises utilizing equipment such as medicine balls & free weights as well as circuit training and other forms of exercise to increase endurance and heart rate.

Group Active: 20 minutes of step, 20 minutes of strength, and 20 minutes of core and balance work. Group Active incorporates all elements of fitness.

Group Centery: Re-define yourself with Group Centery. Grow longer and stronger as you explore this 60 minute journey of yoga and Pilates movements.

Group Core: Train like an athlete in 30 minutes. Expert coaching and motivating music will guide you through functional & integrated exercises using body weight, weight plates, a towel and platform. Improve your performance, get ripped abs, and get Hard Core!

Group Groove: If you can Move, you can Groove! Experience a fusion of club, urban, and Latin dance styles with motivating chart topping hits and retro classic tunes. Get a move on with Group Groove!

Group Kick: This cardio class fuses martial arts and boxing that will kick your cardio fitness to the next level while defining and shaping your body and self confidence. Energetic music and a fun environment will knock you out!

Group Power: This 60 minute barbell program strengthens all your major muscles with simple athletic movements such as squats, lunges, presses, and curls.

Group Ride: Everybody finishes first in Group Ride! This cycle program is for anyone who can ride a bike. Spin your way to burning calories and strengthening the lower body. Controlled speeds ensure everyone can keep up!

Group Blast: Get your cardio fix with 60 minutes of step training. Improve your fitness, agility, balance, and strength with athletic exercises that utilize the step in a dynamic new ways.

H2O Athletic Training: This is an advanced water class utilizing a variety of equipment.

Half & Half: This class lets you experience the water's freedom with exercises in deep water for 30 minutes and 30 minutes in the shallow water. Flotation equipment is used to keep you afloat while your body goes to work. Appropriate for all fitness levels including pre/postnatal, a non-impact workout.

Light & Low: Take it at your own pace in this energizing low-impact workout designed to improve the cardiovascular fitness and muscular endurance of the mature adult.

Pilates/Pilates Plus: This core-strengthening workout focuses on control of your trunk and abdominals. Specific movements are taught on the mat to improve your posture and strengthen your "powerhouse". **Pilates Barre None:** same basis with additional work done vertically with or without ballet barre.

R30: Everybody finishes first in R30! This 30 minute cycle program is for anyone who can ride a bike. Spin your way to burning calories and strengthening the lower body. Controlled speeds ensure everyone can keep up!

Smooth Seas: It's smooth sailing in this low to moderate intensity aqua class. Feel the cardiovascular and muscle strengthening benefits designed to give you a full body workout.

Spivi@ Cycle: Cycling with state of the art technology that helps you set goals and get stronger. Train in different parts of the world while you take your favorite cycle class! A great way to get an all around workout that will make you a stronger and more fit athlete.

Tabata Training: Intense class for all levels designed to get the whole body involved using body weight and dumb bells. Tabata is 20 seconds of high intensity fat burning exercise utilizing simple athletic movements followed by 10 seconds of rest. 8 rounds followed by 1 minute of rest. Be prepared to be challenged! (This is Cardio)

Total Strength: A complete workout for your muscles covering basic weight training with the benefit of balance and core work followed with a relaxing stretch.

Trim & Tone: Interval class with low-impact aerobics and weights to significantly improve your cardio & muscular endurance while burning calories. Followed by a balance and stretch segment for your core.

Total Splash: A high energy aqua class that incorporates great music, choreography, and advanced muscular training. Excellent cross training, as well.

Zumba: "Ditch the workout, join the party" for an hour of hypnotic Latin dance rhythms and easy to follow dance moves!

20/20/20: Freestyle equivalent of Group Active.

Class Descriptions ~ Avani Yoga

Alignment Based Yoga: Classical yoga poses & breathing techniques to enhance flexibility, build strength and balance, & reduce stress. Special attention paid to alignment to promote healing & build body awareness.

Chair Yoga: This class is for everyone! Participants will move more mindfully with your breath in supported sitting (and standing) positions. It will increase flexibility, strength, balance & circulation. Encourages body awareness, proper breathing and quiet reflection.

Energy All Day: This class is in essence, Kundalini Yoga and blends breathing, movement, stretching, meditation, chanting, and the science of sequence. Modifications are given for every exercise so everyone can enjoy!

Gentle Yoga: Serious athletes, people with limited mobility, & everyone in between can benefit from this class. Careful strengthening and breath awareness is the focus of these classes. Poses are modified to accommodate all levels & props are used to both support & challenge students.

Vinvasa Yoga (Friday Vinvasa): Links breath and movement through Sun Salutations and postures of all types. The smooth continuous flow deepens breathing, increases endurance and will test the edge of your balance & flexibility letting you feel clear, fit, and peaceful.

Yoga: A heart-centered style which powerfully blends principles of alignment with an uplifting philosophy celebrating the uniqueness of students of all levels of ability and experience.

WARM Vinvasa: This format follows the same structure of "Vinvasa Yoga". These classes are best suited to participants who are already physically active and appreciate a healthy sweat, room temperature will be at least 85 degrees.

WARM Core Vinvasa: A warm vinvasa class that focuses on constant core connection in multi level actions, ... breath work, balance poses, and deep holds spark some major changes inside and out.

Yin Yoga: A perfect compliment to Yang practices. Some standing/yang poses introduced mid-class, most poses are seated, supine, or prone and held with muscles relaxed for several minutes. This allows the more dense connective tissue to be addressed, increasing mobility, joint health & overall wellness.

Aerial Yoga Basics: This class will offer introductory teachings on how to safely and effectively practice Aerial Yoga. Learn how to balance, swing, traction your spine with gravity, and much more. Appropriate for all levels. **Pre-Registration and payment required for Aerial classes.

Aerial Yoga Expanding: In this class you need to be able bodied/major injury and limitation free, and able to kick up to a hand stand on the wall unassisted. Intermediate yoga practitioners, acroyogis, acrobats, gymnasts, and anyone who is ready to take the basics up a notch can attend this class. **Pre-Registration and payment required for Aerial classes.

All Levels: Students of all levels and abilities can participate and enjoy these classes.

Level 1: Recommended for those who may wish to strengthen the foundation of their practice or who may simply want an ongoing practice that is in harmony with their level of ability. Newcomers to Yoga should start here.

Level 2: Emphasis on deepening awareness of body and understanding body principles. Should be able to perform Sun Salutation series. Movements between postures are more fluid. Knowledge of basic postures is assumed.

Level 3: A challenging class for those with an ongoing yoga practice. The room may be heated. No beginners please.