



Sky Fitness Group Fitness Summer Class Schedule

Week of September 14th, 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-6:30 Studio 1 Brenda	5:30-6:30 Cycle Studio Brenda	5:30-6:30 Studio 1 Melissa	8:15-9:15 Studio 1 Tabata Cardio & Strength Brenda	5:30-6:30 Studio 1 Melissa	7:30-8:30 Studio 1 Brenda	8:00-9:00 Studio 1 Retha
7:00-8:15 Outside or Avani Studio Sunrise Yoga Olga	8:15-9:15 Studio 1 Tabata Cardio & Strength Brenda	8:00-9:15 Outside or Avani Studio Kundalini Yoga Michelle	9:00-10:00 Pool Smooth Seas Joyce	7:00-8:15 Outside or Avani Studio Sunrise Yoga Olga	9:00-10:00 Pool Aqua Motion Karen J.	9:00-10:00 Pool Aqua Fit Carl
9:00-10:00 Pool Total Splash Carl	9:00-10:00 Pool Smooth Seas Carl	8:15-9:15 Studio 1 Yelena	9:30-10:15 Therapy Pool Warm Water ** Ellen	8:15-9:15 Studio 1 Brenda	9:30-10:30 Outside Bodyweight Bootcamp Bev	9:15-9:45 Studio 1 Yelena
9:35-10:35 Studio 1 Melissa	9:30-10:30 Outside or Avani Studio Sky Yoga Level 1 Laura	9:00-10:00 Pool H2O Training Carl	9:35-10:35 Studio 1 Melissa	8:45-9:45 Pool Total Splash Carl	11:30-12:45 Outside or Avani Studio Yin Yoga All Levels Natasha	9:30-10:30 Outside or B-Ball Court Sky Yoga Level 2-3 Tabatha
9:45-10:45 Outside or Avani Studio Sky Yoga Level 1-2 Tabatha	9:30-10:15 Therapy Pool Warm Water ** Ellen	9:35-10:35 Cycle Studio Brenda	5:30-6:30 Studio 1 R.I.P.P.E.D Yelena	9:50-10:50 Pool Total Splash Carl		10:00-11:00 Studio 1 Luba
10:15-11:00 Therapy Pool Warm Water ** Judy	5:30-6:30 Studio 1 Tabata Cardio & Strength Brenda	9:45-10:45 Outside or Avani Studio Gentle Sky Yoga Brian	6:30-7:45 Avani Studio Sky Yoga Level 1-2 Mary	9:35-10:35 Studio 1 REVIVE Jane		10:30-11:30 Avani Studio Gentle Sky Yoga Mary
11:00-12:00 Pilates Studio Pilates Reformer Class ** Yelena	5:30-6:30 Outside or Avani Studio Sky Yoga Level 1-2 Tabatha	10:15-11:00 Therapy Pool Warm Water** Judy	5:30-6:30 Outside or B-Ball Court Sky Yoga Level 2-3 Tabatha	9:45-11:00 Outside or Avani Studio Sky Yoga Level 1-2 Laura		4:00-5:00 Warm Water Private session In Use of warm water pool
11:30-12:30 Cycle Studio Brenda	7:00-8:00 Pilates Studio Pilates Reformer Class **Yelena		6:45-7:45 Studio 1 Mirla	10:15-11:00 Therapy Pool Warm Water ** Edie		
5:30-6:30 Studio 1 Yelena			7:00-8:00 Pilates Studio Pilates Reformer Class **Yelena	11:00-12:00 Pilates Studio Pilates Reformer Class ** Yelena		
5:30-6:30 MoveStrong Jordan				4:30-5:15 Outside or Avani Studio Kids Yoga* (fee-based session) Nanci		
5:30-6:15 Therapy Pool Warm Water ** Rita						

Sky Fitness is located at 1501 Busch Parkway, Buffalo Grove, IL 60089 (847) 229-0292 www.skyfitnesschicago.com

** = Pre-Registration and/or Payment required

Find us on: Facebook, Instagram , & Twitter!

Classes highlighted in yellow will be outdoor classes. Yoga will be moved indoors when there is inclement weather. Pool classes and Saturday Bodyweight Bootcamp will be cancelled during inclement weather, they will not be moved indoors. Outdoor class participants must check in at the front desk!

Group Fitness Classes

BARRE Core: A high-energy & dynamic class that integrates elements of Pilates, dance, cardio, & strength training. BARRE Core is geared towards everyone!

Bodyweight Bootcamp: This class will only be offered outdoors and will focus on total body training, involving cardio and strength exercises. No equipment needed.

Cycle: Cycling with 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 always challenge.

Group Active: A simple and athletic program drawing from all four elements of fitness: cardio, strength, balance, & flexibility.

Group Blast: An energetic cardio workout using the STEP to train fitness, agility, coordination, & strength.

Group Centergy: Re-define yourself with Group Centergy. 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 Fight (Cardio Kickboxing): This is Cardio Kickboxing at it's best! It 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 Groove: Group Groove will make you sweat with a smile during this energizing hour of dance fitness. It's a sizzling cardio experience that is a fusion of club, urban, and Latin dance styles set to the hottest current hits and the best dance songs ever produced! *IF YOU CAN MOVE, YOU CAN GROOVE!*

Group Power: A results driven strength training workout utilizing an adjustable barbell, weight plates, and body weight

Group Ride: Group Ride is a huge calorie burner that builds great-looking legs! It's a 60-minute cycling experience brought indoors. Roll over hills, chase the pack, spin the flats, climb mountains, and sprint to the finish! Feel the thrill of energetic music and group dynamics as you get all the benefits of authentic interval training. *RIDE ON!*

HIIT & HIT: Fast paced boot camp style workout using heavy bags and MoveStrong equipment focusing on cardio & strength. *Please bring your own gloves!

MoveStrong: 60 minute group Functional Training interval class led by certified personal trainers. Enjoy this unique class that will challenge you in the best ways!

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"

Revive: A full body stretch routine to improve flexibility and posture through a series of self myofascial release "Holds" utilizing the barre, foam roller, and small ball.

R.I.P.P.E.D.: A total body, high intensity style program that utilizes free weights, resistance, & body weight training. Great for all levels!

SkyFit: A combination of MoveStrong & Bootcamp to give you an overall total body workout.

Tabata Cardio & Group Core: First 30 minutes of Intense cardio for all levels designed to get the whole body involved and then 30 min. of Group Core.

Tabata Cardio & Strength: 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. (This is Cardio & Strength)

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

Aquatic Classes

Aqua Fit: This is an advanced water class, similar to Tabata on land, but utilizing the water and a variety of equipment.

Aqua Motion: Cardio and strength movement combinations patterned to maximize the resistance of the water.

H2O Training: A challenging water workout, fit for everyone, especially those interested in muscle endurance, strength, and flexibility.

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.

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

Sky Yoga Classes

Gentle Sky Yoga (Avani): A great class for beginners. You will move your body in a gentle comfortable way. Pose modifications will be offered, so that everyone, at every fitness and comfort level, can participate.

Kundalini Yoga(Avani): In each of us dwells a powerful Creative Energy – It typically lies dormant. Kundalini yoga is a practice for awakening this energy. As it is ignited, it can support us in living to our full Creative Potential. Learning how to allow this energy to flow through us (and into our lives) can guide us in so many ways!

Restorative Sky Yoga/Meditation (Avani): This class will offer you some Restorative Yoga, some Yin Yoga, and Meditation. A wonderful experience guaranteed. All you need is an open heart. No experience necessary.

All Levels welcome.

Sky Yoga Level 1 (Avani): The basics and fundamentals of yoga poses are introduced. Learn the process of proper alignment in the poses, breathing techniques, and the use of props. This class is designed for beginners, as well as the seasoned practitioner.

Sky Yoga Level 1-2 (Avani): This class is designed for those who have had more exposure to yoga and have begun to explore a wider variety of postures and styles. The intermediate student understands the relationship between breath and movement.

Sky Yoga Level 2-3(Avani or Basketball Court): This is a wonderfully flowing class with the same integration of breath and movement as Hot Sky Yoga, but done in our Avani Studio or Basketball Court, at normal studio temperature of 73-75 degrees.

Sunrise Yoga (Avani): A yoga practice inspired by breath work, with the combination of Hatha Yoga postures designed to give you great energy all day.

All levels welcome.

Yin Yoga All Levels (Avani) A class focused on lengthening the muscles and targeting deep connective tissue by holding poses for longer periods of time; mostly done supine, seated, or with use of props.

Specialty Classes ~ Pre-Registration/Fee Based or Membership Upgrade Required

Kids Yoga (Avani):** Yoga helps kids develop body awareness while learning how to use their bodies in a healthy way. It also manages stress through breathing, awareness and meditation. It helps build concentration and increases confidence and promotes a positive self-image. Kids will have fun being part of this healthy, non-competitive activity.

Pilates Reformer Class:** Join Yelena in the Pilates Studio for a group class session.

Warm Water **: This class is specific to participants who need to increase joint mobility, range of motion and balance. Water is heated to 93 degrees in our warm therapy pool.

If you have any questions, regarding your Schedule of classes at Sky, please feel free to contact our Group Exercise Coordinator, Melissa Morawiecki...Melissa can sit down with you and go through the class list to customize a schedule to meet your needs.

Melissa Morawiecki

Group Exercise Coordinator

(847)229-0292 mmmorawiecki@skyfitnesschicago.com