

























Sky Fitness Group Exercise Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-6:30 Studio 1  Brenda	8:15-9:15 Studio 1 Tabata Cardio & Strength Brenda	5:30-6:30 Studio 1  Melissa M.	8:15-9:15 Studio 1 Tabata Cardio & Strength Brenda	5:30-6:30 Studio 1  Lisa	8:00-9:00 Studio 1  Retha & Carmen	8:45-9:15 Studio 1  Yelena
8:00-9:00 Agni Studio Hot Sky Yoga Tabatha	9:00-10:00 Pool Total Splash Carl	8:00-9:00 Agni Studio Hot Sky Yoga Tabatha	9:00-10:00 Avani Studio Sky Yoga Level 1-2 Ilyce	8:15-9:15 Studio 1  Brenda	9:00-10:00 Pool Aqua Zumba Anna	9:00-10:00 Pool Aqua Fit Carl
8:30-9:15 Studio 1 Mat Pilates Janine	9:00-10:00 Avani Studio Sky Yoga Level 1 Ilyce	8:15-9:15 Studio 1  Yelena	9:30-10:30 Studio 1  Melissa M.	9:00-10:00 Pool Total Splash Carl	9:00-10:00 MoveStrong Total Body Cardio & Strength Jordan	9:00-10:00 Avani Studio Sky Yoga Level 1-2 Werner
9:00-10:00 Pool Total Splash Carl	9:30-10:30 Studio 1 Barre Core Yelena	9:00-10:00 Pool H2O Training Carl	10:00-11:15 Pool Aqua Yoga Sculpt ** Nanci	9:00-10:00 MoveStrong Total Body Cardio & Strength Jordan	9:30-10:30 Agni Studio Hot Sky Yoga Emily/Ilyce	9:20-10:20 Studio 1  Yelena
9:15-10:15 Agni Studio Warm Sky Slow Flow & Stretch Tabatha	10:30-11:30 Avani Studio Gentle Sky Yoga Rachel	9:00-10:00 MoveStrong Total Body Cardio & Strength Jordan	10:30-11:30 Avani Studio Gentle Sky Yoga Rachel	9:30-10:30 Agni Studio Sky Yoga Level 1-2 Tabatha	9:10-10:10 Studio 1  Jane	9:30-10:30 Agni Studio Hot Sky Yoga Tabatha
9:30-10:30 Studio 1  Melissa M.	10:40-11:40 Studio 1  Cathleen	9:30-10:30 Studio 1  Jane	10:40-11:40 Studio 1  Cathleen	9:30-10:30 Studio 1 Cardio, Strength, Balance, & Flexibility Jane	10:15-11:15 Studio 1  Concetta	10:30-11:30 Studio 1  Elizabeth/Anna
10:40-11:40 Studio 1 Fitness for Life Joyce	11:45-12:45 Studio 1  Kathleen	9:15-10:15 Agni Studio Warm Sky Slow Flow & Stretch Tabatha	11:45-12:45 Studio 1  Heather	10:30-11:30 Avani Studio Gentle Sky Yoga Mary	10:45-11:45 Avani Studio Yin Yoga All Levels Natasha	10:30-11:30 Avani Studio Gentle Sky Yoga Mary
10:30-11:30 Avani Studio Restorative Sky Yoga Mary	4:30-5:30 MoveStrong Back to the Basics Corvin	10:40-11:55 Studio 1 Revive Jane	5:30-6:30 MoveStrong Total Body Cardio & Strength Jordan	10:40-11:40 Studio 1 Fitness for Life Jane	10:45-11:45 Agni Studio Warm Sky Slow Flow & Stretch Tabatha	10:30-11:30 Avani Studio Gentle Sky Yoga Mary
11:00-12:00 Pilates Studio Pilates Reformer Class ** Yelena	5:30-6:30 Studio 1 Total Body Blast Jordan	10:45-11:45 Avani Studio Yin Yoga All Levels Natasha	5:30-6:30 Studio 1 R.I.P.P.E.D Yelena	10:45-11:45 Agni Studio Warm Sky Slow Flow & Stretch Tabatha	11:00-12:00 Pilates Studio Pilates Reformer Class ** Yelena	10:30-11:30 Avani Studio Gentle Sky Yoga Mary
5:00-6:00 Agni Studio Sky Yoga for Pickleballers Mary	5:30-6:30 Agni Studio Hot Sky Yoga Tabatha	5:30-6:30 Studio 1  Cathleen/Heather	5:30-6:30 Agni Studio Hot Sky Yoga Ilyce	11:00-12:00 Pilates Studio Pilates Reformer Class ** Yelena	11:00-12:00 Pilates Studio Pilates Reformer Class ** Yelena	10:30-11:30 Avani Studio Gentle Sky Yoga Mary
5:30-6:30 Studio 1  Yelena	6:30-7:30 Avani Studio Sky Yoga Level 1-2 Mary	5:30-6:30 MoveStrong Peak Performance Kyle	6:30-7:30 Avani Studio Sky Yoga All Levels Mary/Emily	11:45-12:30 Studio 1 Revive Jane	11:45-12:30 Studio 1 Revive Jane	10:30-11:30 Avani Studio Gentle Sky Yoga Mary
5:30-6:30 MoveStrong Total Body Cardio & Strength Jordan	7:00-8:00 Pilates Studio Pilates Reformer Class ** Yelena	6:30-7:30 Avani Studio Sky Yoga Level 1-2 Natasha	6:45-7:45 Studio 1  Miria	11:45-12:30 Studio 1 Revive Jane	11:45-12:30 Studio 1 Revive Jane	10:30-11:30 Avani Studio Gentle Sky Yoga Mary
6:00-7:00 Avani Studio Sky Yoga Flow Level 1-2 Werner	6:45-7:45 Studio 1  Miria	6:45-7:45 Studio 1  Miria	7:00-8:00 Pilates Studio Pilates Reformer Class ** Yelena	11:45-12:30 Studio 1 Revive Jane	11:45-12:30 Studio 1 Revive Jane	10:30-11:30 Avani Studio Gentle Sky Yoga Mary
6:45-7:45 Studio 1  Elizabeth/Anna						

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!



Group Fitness Classes

Back to the Basics: Cardio & Strength endurance based body weight only class.

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

Cardio, Strength, Balance, & Flexibility: This class combines basic cardio elements with strength training exercises, also alternating balance aspects and utilizing movement strength. Focusing on a fantastic stretch in the end!

Fitness for Life: This class is a combination of cardio, strength, balance, and Flexibility. The class is designed for those that prefer a workout without the added impact to joints.

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[®] is a gripping hour that builds cardio fitness, total-body strength, and coordination. Combine the hottest, adrenaline-fueled MMA movements from the boxing ring to the fighting cage with cutting-edge exercises from outside the octagon. Thrilling music and motivational coaching will get you fighting fit.

Group Groove: is a sizzling cardio experience that will make you sweat with a smile. A fusion of hip hop and Latin dance styles set to current hits and the best dance songs ever produced!

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

Mat Pilates : 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”

Peak Performance: 60 minute group Functional Training interval class led by a certified personal trainer. Train both cardio & strength in a group setting. Enjoy this unique class that will challenge you in the best ways!

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 full body workout focusing on working a single muscle group at a time. Incorporating strength, cardio, balance, & mobility.

Strength Training: A full body workout using weight plates, barbells, resistance bands combined with bodyweight exercises to get you lean, toned, and fit.

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)

Total Body Blast: A full body workout that involves cardio to increase heart rate, as well as bodyweight training and strength to sculpt the arms and train the legs.

Total Body Cardio & Strength: Using a mixture of body weight, gym equipment, and unique gym built-ins, this hour long class is a full body workout that incorporates, strength, cardio, core, and balance, in a station based class.

WerQ: A fiercely fun dance fitness workout class based on pop, rock, and hip hop music.

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 Yoga Sculpt[®]: This class is a yoga practice enjoyed in the pool. Also utilizing bands, straps, and aqua weights to help tone the body.

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

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

Aqua Zumba: blends the Zumba[®] philosophy with water resistance, for one pool party you shouldn't miss! There is less impact on your joints during an Aqua Zumba[®] class so you can really let loose. Water creates natural resistance, which means every step is more challenging and helps tone your muscles.

Sky Yoga Classes

Gentle Sky Yoga: 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.

Hot Sky Yoga (Agni Studio): Come hydrated and be ready to sweat in our heated studio that will leave you feeling detoxed and invigorated. Combine faster paced yoga postures with your breath and fun and challenging arm balances. **103 degrees**

Restorative Sky Yoga: 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 for Pickleballers: This is a yoga class perfectly suited for Pickleball players or anyone interested in targeting the main areas of the body used in Pickleball. This class will help with mobility, flexibility, and strength.

Sky Yoga Level 1-2: 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.

Warm Sky Slow Flow & Stretch: A warmer (**80-85 degrees**) slower flow yoga practice with additional flexibility postures in a heated environment.

Yin Yoga All Levels: 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

Aqua Yoga Sculpt^{**}: This class is a yoga practice enjoyed in the warm therapy pool. Also utilizing bands, straps, and aqua weights to help tone the body.

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

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 mmorawiecki@skyfitnesschicago.com