

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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<p><b>5:30-6:30</b> Studio 1</p>  <p>Brenda</p>	<p><b>8:15-9:15</b> Studio 1</p> <p><b>9:00-10:00</b> Pool</p> <p><b>9:00-10:00</b> Avani Studio</p> <p><b>9:30-10:30</b> Studio 1</p> <p><b>10:30-11:30</b> Avani Studio</p> <p><b>10:40-11:40</b> Studio 1</p> <p><b>11:45-12:45</b> Studio 1</p>	<p><b>5:30-6:30</b> Studio 1</p> <p><b>8:00-9:00</b> Agni Studio</p> <p><b>8:15-9:15</b> Studio 1</p> <p><b>9:00-10:00</b> Pool</p> <p><b>9:00-10:00</b> MoveStrong</p> <p><b>9:30-10:30</b> Studio 1</p> <p><b>9:15-10:15</b> Agni Studio</p> <p><b>10:40-11:55</b> Studio 1</p> <p><b>10:45-11:45</b> Avani Studio</p> <p><b>5:30-6:30</b> Studio 1</p> <p><b>6:30-7:30</b> Avani Studio</p> <p><b>6:30-7:30</b> Avani Studio</p> <p><b>6:30-7:25</b> Studio 2</p> <p><b>6:45-7:45</b> Studio 1</p> <p><b>7:30-8:25</b> Studio 2</p>	<p><b>8:15-9:15</b> Studio 1</p> <p><b>9:00-10:00</b> Avani Studio</p> <p><b>9:30-10:30</b> Studio 1</p> <p><b>10:00-11:15</b> Pool</p> <p><b>10:30-11:30</b> Avani Studio</p> <p><b>10:40-11:40</b> Studio 1</p> <p><b>11:45-12:45</b> Studio 1</p> <p><b>5:30-6:30</b> Studio 1</p> <p><b>6:30-7:30</b> Avani Studio</p> <p><b>6:45-7:45</b> Studio 1</p> <p><b>7:00-8:00</b> Pilates Studio</p> <p><b>7:00-8:00</b> Pilates Studio</p> <p><b>7:30-8:00</b> Pilates Studio</p>	<p><b>5:30-6:30</b> Studio 1</p> <p><b>8:15-9:15</b> Studio 1</p> <p><b>9:00-10:00</b> Avani Studio</p> <p><b>9:30-10:30</b> Agni Studio</p> <p><b>10:30-11:30</b> Agni Studio</p> <p><b>9:30-10:30</b> Studio 1</p> <p><b>10:30-11:30</b> Avani Studio</p> <p><b>10:40-11:40</b> Studio 1</p> <p><b>11:45-12:30</b> Studio 1</p> <p><b>6:30-7:30</b> Studio 1</p> <p><b>7:30-8:30</b> Studio 1</p>	<p><b>8:00-9:00</b> Studio 1</p> <p><b>9:00-10:00</b> Pool</p> <p><b>9:00-10:00</b> MoveStrong</p> <p><b>9:30-10:30</b> Agni Studio</p> <p><b>9:10-10:10</b> Studio 1</p> <p><b>10:15-11:15</b> Studio 1</p> <p><b>10:45-11:45</b> Avani Studio</p>	<p><b>8:45-9:15</b> Studio 1</p> <p><b>9:00-10:00</b> Pool</p> <p><b>9:00-10:00</b> Avani Studio</p> <p><b>9:20-10:20</b> Studio 1</p> <p><b>9:30-10:30</b> Agni Studio</p> <p><b>10:30-11:30</b> Studio 1</p> <p><b>10:30-11:30</b> Avani Studio</p>
<p><b>8:00-9:00</b> Agni Studio</p> <p><b>8:30-9:15</b> Studio 1</p> <p><b>9:00-10:00</b> Pool</p> <p><b>9:15-10:15</b> Agni Studio</p> <p><b>9:30-10:30</b> Studio 1</p> <p><b>10:40-11:40</b> Studio 1</p> <p><b>10:30-11:30</b> Avani Studio</p> <p><b>11:00-12:00</b> Pilates Studio</p> <p><b>11:45-12:45</b> Studio 1</p> <p><b>5:00-6:00</b> Agni Studio</p> <p><b>5:30-6:30</b> Studio 1</p> <p><b>5:30-6:30</b> MoveStrong</p> <p><b>6:00-7:00</b> Avani Studio</p> <p><b>6:30-7:25</b> Studio 2</p> <p><b>6:45-7:45</b> Studio 1</p> <p><b>7:30-8:25</b> Studio 2</p>	<p><b>Tabata Cardio &amp; Strength</b> Brenda</p> <p><b>Total Splash</b> Carl</p> <p><b>Sky Yoga Level 1</b> Ilyce</p> <p><b>Barre Core</b> Yelena</p> <p><b>Gentle Sky Yoga</b> Rachel</p> <p><b>groove</b> Cathleen</p> <p><b>CENTERGY</b> Kathleen</p> <p><b>Total Body Blast</b> Jordan/Heather</p> <p><b>Back to the Basics</b> Corvin</p> <p><b>Hot Sky Yoga</b> Tabatha</p> <p><b>Sky Yoga Level 1-2</b> Mary</p> <p><b>Pilates Reformer Class</b> **Yelena</p> <p><b>Total Body Cardio &amp; Strength</b> Jordan</p> <p><b>Sky Yoga Flow Level 1-2</b> Werner</p> <p><b>Ballet</b> Vanda</p> <p><b>ZUMBA</b> Elizabeth/Anna</p> <p><b>Bachata</b> Vanda</p>	<p><b>Melissa M.</b></p> <p><b>Yelena</b></p> <p><b>H2O Training</b> Carl</p> <p><b>Total Body Cardio &amp; Strength</b> Jordan</p> <p><b>WERQ</b> Jane</p> <p><b>Warm Sky Slow Flow &amp; Stretch</b> Tabatha</p> <p><b>Revive</b> Jane</p> <p><b>Yin Yoga All Levels</b> Natasha</p> <p><b>tight</b> Cathleen/Heather</p> <p><b>Peak Performance</b> Kyle</p> <p><b>Sky Yoga Level 1-2</b> Natasha</p> <p><b>High Heels</b> Vanda</p> <p><b>ZUMBA</b> Mirla</p> <p><b>Salsa</b> Vanda</p>	<p><b>Melissa M.</b></p> <p><b>Brenda</b></p> <p><b>Ilyce</b></p> <p><b>Melissa M.</b></p> <p><b>Nanci</b></p> <p><b>Rachel</b></p> <p><b>Cathleen</b></p> <p><b>Heather</b></p> <p><b>Yelena</b></p> <p><b>Ilyce</b></p> <p><b>Jordan</b></p> <p><b>Mary/Emily</b></p> <p><b>Mirla</b></p> <p><b>Yelena</b></p>	<p><b>Lisa</b></p> <p><b>Brenda</b></p> <p><b>Carl</b></p> <p><b>Jordan</b></p> <p><b>Tabatha</b></p> <p><b>Jane</b></p> <p><b>Mary</b></p> <p><b>Jane</b></p> <p><b>Tabatha</b></p> <p><b>Pilates Reformer Class</b> ** Yelena</p> <p><b>Revive</b> Jane</p> <p><b>Ballet</b> Vanda</p> <p><b>Bachata</b> Vanda</p>	<p><b>Retha &amp; Carmen</b></p> <p><b>Anna</b></p> <p><b>Jordan</b></p> <p><b>Emily/Ilyce</b></p> <p><b>Jane</b></p> <p><b>Natasha</b></p>	<p><b>Yelena</b></p> <p><b>Carl</b></p> <p><b>Werner</b></p> <p><b>Yelena</b></p> <p><b>Tabatha</b></p> <p><b>Elizabeth/Anna</b></p> <p><b>Mary</b></p>

**Sky Fitness is located at 1501 Busch Parkway Buffalo Grove, IL 60089**  
**(847) 229-0292**  
[www.skyfitnesschicago.com](http://www.skyfitnesschicago.com)  
**\*\* = Pre-Registration and/or Payment required**  
**Find us on Facebook/Instagram!**

# SKY FITNESS GROUP CLASSES

## Begins April 1st



## **Group Fitness Classes**

**Bachata:** A Bachata class will introduce you to the fundamentals of this sensual partner dance, focusing on basic footwork, body isolations, close connection with your partner, and the characteristic hip movements, all while learning how to lead and follow within the rhythm of the music, allowing you to comfortably dance Bachata on the social dance floor; classes often progress to incorporate more intricate patterns, turns, and advanced body isolations depending on the level.

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

**Ballet:** Focuses on developing precise and graceful movements through a structured format, typically including barre work to build strength and alignment, center floor exercises for coordination and fluidity, and across-the-floor combinations to practice advanced steps, all while emphasizing proper posture, leg turn-out, and musicality, with a focus on building a strong foundation in classical ballet technique.

**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<sup>®</sup>** 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

**High Heels:** A high heels dance class teaches students how to dance in high heels, typically stilettos, to music. Classes may include warm-ups, choreography, and exercises to improve balance, coordination, and confidence.

**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!

**Salsa:** A Salsa dance class typically involves learning the fundamental steps and footwork of salsa, focusing on partner connection, lead and follow techniques, while incorporating rhythmic hip movements, spins, turns, and intricate arm styling, all set to lively Latin music with a strong beat, allowing students to develop a playful and energetic dance style with their partner, often with the option to progress to more advanced moves depending on the class level.

**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<sup>®</sup> philosophy with water resistance, for one pool party you shouldn't miss! There is less impact on your joints during an Aqua Zumba<sup>®</sup> 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:** 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:** This class is designed for those who have had more experience 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.

**Yoga Sculpt:** Yoga Sculpt is an invigorating class designed to empower your mind, ignite your spirit and build strength by combining Yoga and hand weights set to an energizing playlist designed to carry you through class. We start with a dynamic Yoga flow warm-up, then weighted exercises are incorporated to increase strength, and class ends with a yoga cool down to reset and restore. This class is the perfect compliment to your yoga practice and fitness routine. All levels welcome!

### **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.  
**Wedding Dance Lessons\*\*:** Join Vanda to learn your wedding dance

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: mmorawiecki@skyfitnesschicago.com