


























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	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
6:30-7:15 Studio 1 Cardio Endurance & Movement Training Brenda	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	9:00-10:00 Pool Total Splash Carl	9:00-10:00 MoveStrong Total Body Cardio & Strength Jordan	9:20-10:20 Studio 1  Yelena
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	9:00-10:00 Agni Studio Sky Yoga Sculpt Ilyce	9:30-10:30 Agni Studio Hot Sky Yoga Tabatha
9:15-10:15 Agni Studio Warm Sky Slow Flow & Stretch Tabatha	10:30-11:30 Avani Studio Gentle Sky Yoga Melissa/Natasha	9:00-10:00 MoveStrong Total Body Cardio & Strength Jordan	10:30-11:30 Avani Studio Sky Stretch, Recover, & Restore Ilyce	9:30-10:30 Agni Studio Sky Yoga Level 1-2 Tabatha	9:10-10:10 Studio 1  Jane	10:30-11:30 Studio 1  Elizabeth/Anna
9:30-10:30 Studio 1  Melissa	10:40-11:40 Studio 1  Jane	9:00-10:00 Avani Studio Sky Yoga Sculpt Ilyce	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 Avani Studio Gentle Sky Yoga Mary
10:40-11:40 Studio 1 Fitness for Life Joyce	11:45-12:45 Studio 1  Kathleen	9:30-10:30 Studio 1  Jane	11:45-12:45 Studio 1  Heather	10:30-11:30 Avani Studio Gentle Sky Yoga Mary	10:30-11:30 Agni Studio Hot Sky Yoga Ilyce	11:35-12:35 Agni Studio Sky Stretch, Recover, & Restore Ilyce
10:30-11:30 Avani Studio Restorative Sky Yoga Mary	5:30-6:30 Studio 1 Tabata Cardio & Strength  Jordan/Heather	9:15-10:15 Agni Studio Warm Sky Slow Flow & Stretch Tabatha	5:30-6:30 Agni Studio Hot Sky Yoga Ilyce	10:40-11:40 Studio 1 Fitness for Life Jane	10:45-11:45 Avani Studio Yin Yoga All Levels Natasha	11:30-12:30 Studio 1 Mat Pilates Ela
11:00-12:00 Pilates Studio Pilates Reformer Class** Yelena	5:30-6:30 Agni Studio Hot Sky Yoga Tabatha	10:40-11:55 Studio 1 Revive Jane	5:30-6:30 MoveStrong Total Body Cardio & Strength Jordan	10:45-11:45 Agni Studio Warm Sky Slow Flow & Stretch Tabatha	11:00-12:00 Pilates Studio Pilates Reformer Class** Yelena	
11:45-12:45 Agni Studio Sky Yoga Sculpt Ilyce	6:00-7:00 MoveStrong Back to the Basics Corvin	10:45-11:45 Avani Studio Yin Yoga All Levels Natasha	6:00-6:30 Studio 1  Yelena	11:45-12:30 Agni Studio Revive Jane	 <div style="border: 1px solid black; padding: 10px; text-align: center;"> <p>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!</p> </div>	
5:30-6:30 Studio 1  Yelena	6:30-7:30 Avani Studio Sky Yoga Level 1-2 Mary	12:00-12:45 Studio 1 BARRE Bridgette	6:30-7:30 Avani Studio Sky Yoga All Levels Mary	11:45-12:30 Studio 1 Revive Jane		
5:30-6:30 MoveStrong Total Body Cardio & Strength Jordan	6:45-7:45 Studio 1  Mirla	5:30-6:30 Studio 1  Cathleen/Heather	6:45-7:45 Studio 1  Mirla	6:15-7:15 Agni Studio Sky Yoga Flow Level 1-2 Yoga Team		
6:00-7:00 Avani Studio Sky Yoga Flow Level 1-2 Werner	7:00-8:00 Pilates Studio Pilates Reformer Class** Yelena	5:30-6:30 MoveStrong Peak Performance Kyle	7:00-8:00 Pilates Studio Pilates Reformer Class** Yelena			
6:00-7:00 Agni Studio Sky Yoga Sculpt Ilyce		6:00-7:00 Agni Studio Sky Yoga Sculpt Ilyce				
6:45-7:45 Studio 1  Elizabeth/Anna		6:30-7:30 Avani Studio Sky Yoga Level 1-2 Natasha				

SKY FITNESS GROUP CLASSES Begins April 6th

Group Fitness Classes

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

BARRE: In this 45 minute class you will use light weights, resistance bands, piltaes balls, and bodyweight to burn out targeted muscle groups with lots of reps, small pulses and isometric holds

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 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.

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)

Group Fitness Classes

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.

WerQSTRONG: A blend of the signature WERQ dance cardio format with strength building intervals.

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.

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 Classes

Sky Stretch, Recover, & Restore: This studio class blends yoga, functional movement, and gentle floor based work to improve joint health, mobility, and overall range of motion for daily life and athletic performance. Using props and targeted drills, we focus on hips, shoulders, ankles, hamstrings, chest, and back to encourage ease of movement, and support recovery while reducing pain and calming the nervous system. Slow, supported poses are paired with peaceful rhythms and healing sounds to quiet the mind and soothe the senses, leaving you feeling empowered, refreshed, and deeply restored.

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 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 Flow Level 1-2: The concept involves moving through traditional yoga postures with breath-synchronized movement, using the breath to deepen stretches and build strength.

Sky 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! (85 degrees)

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

Aqua Yoga Sculpt:** This class is a yoga practice enjoyed in the warm therapy pool. 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.