Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-6:30 Studio 1 GROUP POWER Brenda	**8:15-9:15** Studio 1 **Tabata Cardio & Strength** Brenda	**5:30-6:30** Studio 1 GROUP POWER Melissa	**8:15-9:15** Studio 1 **Tabata Cardio & Strength** Brenda	**5:30-6:30** Studio 1 GROUP CENTERGY Lisa	**8:00-9:00** Studio 1 GROUP BLAST Retha & Carmen	**8;45-9:15** Studio 1 GROUP CORE Yelena
8:30-9:15 Studio 1 **Mat Pilates** Janine	**9:00-10:00** Pool **Total Splash** Carl	**8:15-9:15** Studio 1 GROUP POWER Yelena	**9:00-10:00** Avani Studio **Sky Yoga Level 1-2** Ilyce	**8:15-9:15** Studio 1 GROUP POWER Brenda	**9:00-10:00** Pool **Aqua Zumba** Anna	**9:00-10:00** Pool **Aqua Fit** Carl
9:00-10:00 Pool **Total Splash** Carl	**9:00-10:00** Avani Studio **Sky Yoga Level 1** Ilyce	**9:00-10:00** Pool **H20 Training** Carl	**9:00-10:00** Warm Therapy Pool **Aqua Yoga Sculpt**** Nanci	**9:00-10:00** Pool **Total Splash** Carl	**9:00-10:00** MoveStrong **Total Body Cardio & Strength** Urszula/Lisa	**9:25-10:25** Studio 1 GROUP POWER Yelena
9:15-10:15 Agni Studio **Warm Sky Slow Flow & Stretch** Chris	**9:30-10:30** Studio 1 **Barre Core** Yelena	**9:00-10:00** MoveStrong **Total Body Cardio & Strength** Corvin	**10:15-11:15** Warm Therapy Pool **Aqua Yoga Sculpt**** Nanci	**9:00-10:00** MoveStrong **Total Body Cardio & Strength** Urszula	**9:00-10:00** Agni Studio **Sky Yoga Sculpt** Ilyce	**9:30-10:45** Agni Studio **Hot Sky Power Yoga** Ilyce
9:30-10:30 Studio 1 GROUP ACTIVE Melissa	**9:30-10:30** Agni Studio **Warm Mat Pilates** Emily	**9:00-10:00** Avani Studio **Sky Yoga Sculpt** Ilyce	**9:30-10:30** Studio 1 GROUP CENTERGY Melissa	**9:30-10:30** Agni Studio **Sky Yoga Level 1-2** Emily	**9:10-10:10** Studio 1 WERQ Jane	**10:30-11:30** Studio 1 ZUMBA Elizabeth/Anna
10:40-11:40 Studio 1 **Fit Fusion** Bridgette	**10:30-11:30** Avani Studio **Gentle Sky Yoga** Melissa	**9:30-10:30** Studio 1 WERQ Jane	**9:30-10:30** Agni Studio **Warm Mat Pilates** Lana	**9:30-10:30** Studio 1 **Cardio, Strength, Balance, & Flexibility** Jane	**10:15-11:15** Studio 1 GROUP CENTERGY Concetta	**10:30-11:30** Avani Studio **Gentle Sky Yoga** Mary
10:30-11:30 Avani Studio **Restorative Sky Yoga** Mary	**10:40-11:40** Studio 1 WERQ Strong Jane	**9:30-10:30** Agni Studio **Hot Sky Power Yoga** Emily	**10:30-11:30** Avani Studio **Sky Stretch, Recover, & Restore** Ilyce	**10:30-11:30** Avani Studio **Gentle Sky Yoga** Mary	**10:30-11:30** Agni Studio **Hot Sky Power Yoga** Ilyce	**11:35-12:35** Agni Studio **Sky Stretch, Recover, & Restore** Ilyce
11:00-12:00 Pilates Studio **Pilates Reformer Class **** Yelena	**11:45-12:45** Studio 1 GROUP CENTERGY Kathleen	**10:40-11:55** Studio 1 **Revive** Jane	**10:40-11:40** Studio 1 GROUP ACTIVE Cathleen	**10:40-11:40** Studio 1 **Fitness for Life** Jane	**10:45-11:45** Avani Studio **Yin Yoga All Levels** Natasha	
11:45-12:45 Agni Studio **Sky Yoga Sculpt** Ilyce	**5:30-6:30** Studio 1 GROUP ACTIVE **/AMPED** Heather/Bridgette	**10:45-11:45** Avani Studio **Yin Yoga All Levels** Natasha	**11:45-12:45** Studio 1 GROUP POWER Heather	**11:00-12:00** Pilates Studio **Pilates Reformer Class**** Yelena		
5:30-6:30 Studio 1 GROUP POWER Yelena	**5:30-6:30** Agni Studio **Hot Yogalates (Yoga + Pilates)** Liz	**5:30-6:30** Studio 1 GROUP fight Heather	**5:30-6:30** Studio 1 **Mat Pilates** Ela/Yelena	**11:45-12:30** Studio 1 **Revive** Jane	SKY FITNESS	
5:30-6:30 MoveStrong **Total Body Cardio &Strength** Ela	**6:00-7:00** MoveStrong **Back to the Basics** Corvin	**5:30-6:30** MoveStrong **Peak Performance** Kyle	**5:30-6:30** MoveStrong **Peak Performance** Kyle	**6:00-7:00** Avani Studio **Sky Yoga Flow Level 1-2** Ela/Heather		
6:00-7:00 Avani Studio **Sky Yoga Flow Level 1-2** Werner	**6:30-7:30** Avani Studio **Sky Yoga Level 1-2** Mary	**6:00-7:00** Agni Studio **Sky Yoga Sculpt** Ilyce	**6:00-7:00** Agni Studio **Hot Sky Power Yoga** Ilyce			
6:00-7:00 Agni Studio **Sky Yoga Sculpt** Ilyce	**6:45-7:45** Studio 1 ZUMBA Mirla	**6:30-7:30** Avani Studio **Sky Yoga Level 1-2** Natasha	**6:30-7:30** Avani Studio **Sky Yoga All Levels** Mary			
	7:00-8:00 Pilates Studio **Pilates Reformer Class ****Yelena		**6:45-7:45** Studio 1 ZUMBA Mirla			
			7:00-8:00 Pilates Studio **Pilates Reformer Class ****Yelena			

SKY FITNESS GROUP CLASSES

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

AMPED: Combines heart pumping cardio intervals with full-body strength training for a dynamic workout that builds strength, boosts endurance, & burns calories.

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!

Fit Fusion: This fun, low impact class combines cardio, strength training, balance exercises, and stretching to improve mobility, coordination, and overall fitness.

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)

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.

Group Fitness Classes

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

WerQ STRONG: 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 Power Yoga: is a challenging vinyasa flow class designed to improve strength, endurance, flexibility, and mobility. Intelligent sequencing focuses on full body engagement and breath led movement to leave you feeling empowered. Come to class hydrated and ready to sweat! **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.

Hot Yogalates: s a high-intensity, low-impact fusion class combining Yoga principles with Pilates in a heated room (**103 degrees**) to build strength, flexibility, and endurance. **103 degrees**

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 Classes

Sky Yoga All Levels: A welcoming yoga class designed for all experience levels. Move through a balanced flow of yoga poses, stretching, and mindful movement.

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 Mat Pilates: Flow, strengthen, and reset in this energizing mat Pilates class performed in a gently warmed room. **(75-80 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(begins 9/24):** 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.