

GROUP FITNESS SCHEDULE

Effective for February, 2010

Group Fitness Coordinator: Hilary Fields



MAIN STUDIO	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
6:00 AM	Cardio Sculpt	Charlsea			Boxing Circuit	James			Cardio Sculpt	Katie				
6:30 AM					Boxing Circuit	James								
8:30 AM											Cardio Sculpt	Linda		
8:45 AM	Cardio Combo	Linda	PIYo	Charlsea	FIT Conditioning	Linda	Sky Strength ♡	Lesli	Cardio Combo	Charlsea				
9:30 AM											Dance Fitness	Charlsea		
9:45 AM	Sky Strength ♡	Lesli	Zumba	Charlsea	Sky Strength ♡	Ginger	Step ♡	Lesli	Sky Strength ♡	Lesli				
10:15 AM											Pilates Mat	Crystal		
11:00 AM			Pilates Mat	Terri			Pilates Mat	Kara						
4:30 PM	Zumba	Katie	KidFit	Kerri	KidFit	Melanie	KidFit	SkyKids staff						
5:30 PM	Sky Strength	Povi	Step	Kerri	PIYo	Lori	Zumba	Charlsea						
6:30 PM	Sky Kick	Lori	Sky Strength	Melanie	Sky Kick	Charlsea	Sky Strength	Charlsea						

♡ = Starting the week of 2/15, try a Polar Heart Rate Monitor Watch during class

S-CYCLE STUDIO	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
6:00 AM	S-Cycle	Tina	S-Cycle	Jeff	S-Cycle	Tina	S-Cycle	Dawn	S-Cycle	Jerry				
8:30 AM											S-Cycle	Jeff		
9:00 AM	S-Cycle ♡	Lesli	S-Cycle	Jeff	S-Cycle	Ginger	S-Cycle	Jeff	S-Cycle ♡	Lesli				
10:00 AM	S-Cycle ♡	Ginger												
4:00 PM													S-Cycle	Garland /Veronica
5:45 PM			S-Cycle	Cindy			S-Cycle	Brandy						
6:30 PM	S-Cycle	Veronica			S-Cycle	ida								

♡ = Starting the week of 2/15, try a Polar Heart Rate Monitor Watch during class

CIRCUIT TRAINING	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
9:00 AM	SkyLine	Rotating Instructor	SkyLine	Rotating Instructor	SkyLine	Rotating Instructor	SkyLine	Rotating Instructor	SkyLine	Rotating Instructor	SkyLine	Rotating Instructor		
6:00 PM	SkyLine	Rotating Instructor	SkyLine	Rotating Instructor	SkyLine	Rotating Instructor	SkyLine	Rotating Instructor						

YOGA STUDIOS	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
8:30 AM	Yoga	Cindy			Gentle Flow	Elice			Gentle Yoga	Elice				
8:45 AM			Prana Flow Yoga	Cindy			Prana Flow Yoga	Cindy						
9:15 AM											Yoga Basics	Manasa		
9:45 AM									Pilates Mat	Kara				
10:00 AM			Sukha Yoga	Janet			Sukha Yoga	Janet						
2:30 PM													Multi-Level Flow	Cindy Manasa
6:30 PM	Multi-Level Flow	Cindy	Deep Stretch	Jenny	Restorative Yoga	Kelsey	Gentle Yoga	Cindy						

FITNESS PROGRAMS	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
5:00 AM	CrossFit™*	A. Quimby	CrossFit™*	Hollace			CrossFit™*	A.Quimby						
6:00 AM	CrossFit™ Express*	A. Quimby	CrossFit™ Express*	Hollace	CrossFit™ Express*	Hollace	CrossFit™ Express*	A. Quimby	CrossFit™ Express*	A. Costello				
8:00 AM											CrossFit™*	A. Quimby		
9:00 AM	CrossFit™*	Hollace	Sky Enlisted*	Steven	Sky Enlisted*	Steven	Sky Enlisted*	Steven	CrossFit™*	A.Quimby	CrossFit™*	A. Quimby		
9:00 AM	Sky180**	Janice			Sky180**	Janice			Sky180**	Janice	CrossFit™*	A.Costello		
10:00 AM	CrossFit™*	A. Quimby	CrossFit™*	A.Quimby	CrossFit™*	A.Quimby	CrossFit™*	Hollace	CrossFit™*	A.Quimby				
11:00 AM	Sky Enlisted*	D'onna							Sky Enlisted*	James	Sky Enlisted*	James		
12:00 PM	CrossFit™ Express*	A. Quimby	CrossFit™ Express*	Hollace	CrossFit™ Express*	Hollace	CrossFit™ Express*	Hollace	CrossFit™ Express*	A.Quimby				
3:00 PM													CrossFit™*	A.Quimby
4:30 PM														
5:30 PM	CrossFit™*	Hollace	CrossFit™*	A.Quimby			CrossFit™*	A.Quimby						
6:00 PM	Sky180**	Jason	Sky180**	Jason	Sky Enlisted*	Jason	Sky180**	Jason						

*Fee based programs



**Schedule Effective:
February, 2010**

What's New:

Boxing Circuit
Wednesday, 6:00am &
6:30am
Meet in Studio One

Cupid's Ride
Saturday, February 13th
9:45am
S-Cycle Studio

Urban Striptease
Saturday, February 13th
9:30am
Studio One

Group Fitness Coordinator:
Hilary Fields

Sky Fitness & Wellbeing™
10121 S. Sheridan Rd.
Tulsa, OK 74133
918.299.5500

www.sky-fit.com

Hours:

MON - THUR: 5-10
FRI: 5-9
SAT: 7-9
SUN: 8-9

CLASS DESCRIPTIONS

CWL = Cardiovascular / Weight Loss ST = Strength Training F = Flexibility MB = Mind / Body

BOXING CIRCUIT (CWL, ST)

This 30 minute workout combines boxing punches and moves utilizing the boxing equipment with interval strength training. You will kick, jab, and block your way through a total body workout. Meet in Studio One.

CARDIO COMBO (CWL)

This cardio class allows you to cross train your body and prevents boredom by mixing up your cardio options. Cardio Combo will include a minimum of two of the following formats: step, hi/lo, kickboxing, rebounding, BOSU or athletic drills.

CARDIO SCULPT (CWL)

Maximize your valuable time in this class that will tone your muscles, condition your heart, and burn fat all in one hour. Three minute cardio combinations are interspersed with three minutes of resistance training. Double the workout, double the fun!

CROSSFIT SKY (CWL, ST, F)*

CrossFit Sky is a core strength and conditioning program. We have designed our program to elicit as broad an adaptational response as possible. CrossFit Sky is not a specialized fitness program but a deliberate attempt to optimize physical competence in each of ten recognized fitness domains. They are cardiovascular and respiratory endurance, stamina, strength, flexibility, power, speed, coordination, agility, balance, and accuracy.

CROSSFIT SKY EXPRESS (CWL, ST, F)*

CrossFit Sky Express is the same as the regular class but is for individuals familiar with the format who need minimal direction.

DANCE FITNESS (CWL)

A dance-based cardio workout featuring fun and easy-to-follow combinations drawn from multiple dance styles such as latin, jazz, hip hop, belly dancing. No dance experienced required.

KIDFIT

Structured Fitness Activities for children ages 6 to 12. KidFit meets in Studio One.

PILATES MAT (MB, ST, F)

Based on the original exercise system created by Joseph Pilates, mat work is designed to strengthen the body's core musculature, the muscles of the deep abdominals, the pelvic girdle and the back, enabling participants to successfully function in all daily activities without injury. Because of the detailed focus on alignment, form, and posture, Pilates work is an excellent adjunct to all other forms of exercise, especially weight-lifting.

PILATES REFORMER (MB, ST, F)*

Enjoy the Pilates Reformer experience in a small group setting. Pilates Reformer is resistance training that builds strength without bulk. You'll meet as a small group (3-6 individuals) where your instructor will take you through a series of moves, working the entire body. You'll strengthen your abs and tone your whole body!

PIYO (ST, F)

PiYo is an athletic blend of yoga and pilates that focuses on improving strength and balance. Tone your muscles while being gentle on the mind and joints.

S-CYCLE (CWL)

Indoor cycling is a simple, fun way to burn calories and improve cardiovascular fitness even if you haven't ridden a bike since childhood. Because participants have individual control over the speed and intensity of the workout via the tension on the wheel, everyone can "keep up" regardless of whether you're training for the next triathlon or entering a cycle program for the first time. No coordination required!

SKY180° (CWL, ST, F, MB) *

A 12 week, small-group weight loss program that focuses on a healthy way of life by teaching four key fitness principles: exercise, education, nutrition and stress management. The fee-based program meets 3 times weekly and provides individuals with personalized instruction from a Registered Dietician and a Certified Private Trainer. Sessions will actually be fun as you work out along side your peers who are striving to achieve the same goal – permanent weight loss. Visit the Fitness Services desk to enroll in this class.

SKY ENLISTED (CWL,ST)*

Sky Enlisted is a military-inspired small-group fitness program that focuses on improving your cardiovascular endurance and strength.

SKY KICK (CWL)

Knock yourself out in this energetic class that blends basic moves from boxing and martial arts into a high energy, easy-to-follow workout that will help you shed stress as well as excess pounds. The punches target the upper body while the kicks utilize the abs and lower body, giving you a total body workout that'll leave you feeling like a champ.

SKYLINE (CWL, ST)

Our 27-minute, full-body circuit workout will increase lean muscle mass and improve cardiovascular endurance. Using a different exercise during each 1 minute interval, SkyLine incorporates strength machines with cardio and core training activities. One of our Fitness Trainers will guide you along the way and ensure that the workout changes from day to day to keep it new and interesting.

SKY STRENGTH (ST)

Improve muscular strength and endurance in this class that sets classic weight lifting exercises to music. Use of a variable weight barbell that provides a resistance range from 3 lbs to 63 lbs make Sky Strength ideal for multiple fitness levels.

STEP (CWL)

Enjoy an energizing workout that will burn calories and improve your cardiovascular endurance. Step aerobics is an easy-on-the-joints cardio workout that requires lifting your own body weight on and off an elevated platform. The platform can be adjusted from 4 inches to 10 inches in height to accommodate various fitness levels. Step aerobics has remained a popular workout since its debut twenty years ago!

ZUMBA (CWL)

Zumba is a fusion of Latin and International dance music themes creating a dynamic, exciting, effective fitness system! The routines feature aerobic fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. Zumba combines high energy and motivating music with unique moves that are fun and easy to do!

YOGA

Sky's yoga program is based on classical Hatha yoga. Hatha is a physical approach to the ancient practice of yoga, which includes postures, movement sequences and breathing. Sky instructors combine work from various yoga traditions and styles with their own unique perspectives and experience. All instructors are experienced yoga practitioners who are committed to helping each student discover the many benefits of yoga.

YOGA BASICS (F, MB, ST)

Poses, which form the foundation of a yoga practice, are introduced in this class, which is ideal for the beginner or those desiring a slower exploration of postures.

DEEP STRETCH (F, MB,)

Focus on flexibility in this class, which utilizes postures that stretch the upper and lower body gently and slowly.

GENTLE YOGA (F, MB, ST)

Ideal for students who are beginning or re-entering a yoga practice as well as post-injury or pre/post natal students. Gentle Yoga is an introduction to basic asanas (postures) with a special emphasis on stretching.

MULTI-LEVEL YOGA (F, MB, ST)

All levels are welcome in this class, which includes seated and standing postures with emphasis on proper alignment. Props are used to allow each student to achieve success even in the more challenging poses.

MULTI-LEVEL FLOW (F, MB, ST)

This is a vinyasa (flowing from posture to posture) class designed for all levels. Gentle transitions will be demonstrated with options given for more experienced students.

PRANA FLOW YOGA (F, MB)

Restore and rejuvenate your body's intricate energy systems. This beginner to intermediate class incorporates the breath and yoga asana in a meditative flowing practice.

SUKHA YOGA (ST, F, MB)

The Sanskrit word "Sukha" means "at ease" or "happy" and it aptly describes Janet's lighthearted approach to the physical demands and challenges of yoga. Poses are held for longer periods of time than in Gentle Yoga in order to build strength and balance. By using props such as blankets, blocks and straps, beginner/intermediate students can work alongside more experienced practitioners without fear. Janet's extensive studies in spirituality and meditation help bring a unique perspective to her teaching.

*Fee based programs are limited to small groups of 3 to 10 people. Register at the Front Desk.