

# GROUP FITNESS SCHEDULE



Effective through September 12, 2010  
Group Fitness Coordinator: Lesli Schnare

MAIN STUDIO	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
6:00 AM	PIYo	Charlsea			Sky Kick	Katie E			Cardio Sculpt	Katie E				
8:30 AM											Cardio Sculpt	Linda		
8:45 AM	Cardio Combo	Linda	Vinyasa Flow	Charlsea	FIT Conditioning	Linda	Sky Strength	Lesli	Tabata	Linda				
9:30 AM											Dance Fitness	Charlsea		
9:45 AM	Sky Strength	Lesli	Step	Lesli	Sky Strength	Ginger	Step	Lesli	Sky Strength	Povi				
10:15 AM											Pilates Mat	Crystal		
11:00 AM			Pilates Mat	Charlsea			Pilates Mat	Kara						
4:30 PM	Zumba	Katie P	KidFit	SkyKids	KidFit	Melanie	KidFit	SkyKids						
5:30 PM	Sky Strength	Povi	Step	Christina	PIYo	Lori	Dance Fitness	Charlsea						
6:30 PM	Sky Kick	Katie E	Sky Strength	Melanie	Cardio Combo	Hilary	Pilates Mat	Charlsea						

S-CYCLE STUDIO	S-Cycle classes are 45 min. in length													
	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
6:00 AM	S-Cycle	Shawna	S-Cycle	Jeff	S-Cycle	Jerry	S-Cycle	Dawn	S-Cycle	Amanda				
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	Jeff
5:45 PM			S-Cycle	Cindy			S-Cycle	Brandy						
6:30 PM	S-Cycle	Cassidy			S-Cycle	Tina								

CIRCUIT TRAINING	SkyLine classes are 30 min. in length.													
	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	Iyengar Yoga	Charlsea			Gentle Flow	Ellice			Gentle Yoga	Ellice				
8:45 AM			Vinyasa Flow	Studio 1			Vinyasa Flow	Claudia						
9:15 AM											Yoga Basics	Ellice		
9:45 AM									Pilates Mat	Kara				
10:00 AM	Flex-ability	Cindy	Sukha Yoga	Janet	Flex-ability	Cindy	Sukha Yoga	Janet						
2:30 PM													Multi-Level Flow	Ellice
6:30 PM	Yoga Basics	Cindy	Deep Stretch	Jenny	Restorative Yoga	TBD	Gentle Yoga	Cindy						

FITNESS PROGRAMS	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
5:00 AM														
6:00 AM	CrossFit™ Express*	Hollace	CrossFit™ Express*	A. Quimby	CrossFit™ Express*	Hollace	CrossFit™ Express*	Mandy	CrossFit™ Express*	A. Costello				
8:00 AM											CrossFit™**	A. Quimby		
9:00 AM	CrossFit™**	A. Quimby							CrossFit™**	A. Quimby				
9:00 AM														
10:00 AM	CrossFit™**	A. Quimby	CrossFit™**	A. Quimby	CrossFit™**	Hollace	CrossFit™**	Hollace	CrossFit™**	A. Quimby	CrossFit™**	A. Costello		
10:00 AM	SkyEnlisted*	Danny			SkyEnlisted*	Danny			SkyEnlisted*	Danny	SkyEnlisted	Danny		
12:00 PM	CrossFit™ Express*	Nicole	CrossFit™ Express*	A. Quimby	CrossFit™ Express*	A. Quimby	CrossFit™ Express*	Hollace	CrossFit™ Express*	Mandy				
3:00 PM													CrossFit™**	A. Quimby
5:30 PM	CrossFit™**	Hollace	CrossFit™**	A. Quimby			CrossFit™**	Nicole						
6:00 PM			SkyEnlisted	Danny			SkyEnlisted	Danny						

\*Fee based programs



# CLASS DESCRIPTIONS

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

**Schedule Effective:  
Through  
SEPTEMBER 12th**

## What's Next?

### BODY PUMP

**Early mornings, Mid mornings, evenings and WEEKEND classes!  
Beginning Sept 13**

**A New Line Up of  
Yoga Classes**

Group Fitness Coordinator:  
Lesli Schnare

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

[www.sky-fit.com](http://www.sky-fit.com)

#### Hours:

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

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

### BODYPUMP™ Coming September 13th

BodyPump™ is the original barbell class that strengthens your entire body. This 60-minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts, and curls. Great music, awesome instructors and your choice of weights inspire you to get the result you came for- and fast! Beware this call WILL change your BODY!

### 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, and belly dancing. No dance experience required.

### KIDFIT

Structured Fitness Activities for children ages 5 to 12. Meet in SkyKids activity center. Participants must be a member of SkyKids.

### PILATES MAT (MB, ST, F)

Pilates Mat 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.

### 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!

### FIT CONDITIONING (CWL, ST)

Condition your way to a stronger heart and body. FIT is an interval class with different forms of cardio, strength and agility. A variety in class format and equipment is used to give you maximum results.

### SKYENLISTED (CWL,ST)\*

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

### SKYKICK™ (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 CAMP (CWL, ST.) Coming September 15th

A combination of high-intensity aerobic intervals and resistance training designed to be easy to follow and target fat loss, muscle building and heart fitness. This class is structured to provide a whole body workout using a variety of equipment and body resistance.

### SKY STRENGTH (ST, CWL)

Improve muscular strength and endurance in this class that uses many different tools to work each muscle group in one hour. Bands, bars, balls, bench and your own body weight provide strength training and fat burning for all 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!

### TABATA (CWL)

The ultimate conditioning experience: 20 seconds of high intensity training followed by 10 seconds of rest x 8 = 4 minute intervals to increase athletic performance and decrease body fat. This dynamic workout utilizes traditional bodyweight exercises such as squats, sit-ups, pushups, etc. No fancy footwork, just results.

### 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.

### 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.

### FLEX-ABILITY (F)

This class is designed to increase flexibility and improve range of motion at major joints, especially shoulder and hip.

### GENTLE FLOW (F, MB, ST)

Postures practiced in a slow and deliberate way to emphasize body awareness, ease of movement, alignment, and safety.

### 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.

### IYENGAR YOGA

Iyengar Yoga, a form of Hatha Yoga created by the renowned BKS Iyengar, is characterized by great attention to detail and precise focus on body alignment. Iyengar pioneered the use of "props" such as blankets, bolsters, blocks and straps which allow beginners to experience the postures more easily and fully thereby enabling new students to work alongside more advanced practitioners.

### MULTI-LEVEL FLOW (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.

### RESTORATIVE YOGA (F, MB)

Yoga poses designed to help learn to relax and rest deeply and completely.

### VINYASA FLOW (F, MB, ST)

Take your yoga practice to a deeper level by integrating rhythmic breathing with conscious movement. In this technically precise practice you will learn to move from moment to moment with absolute awareness thereby reaping not only the physical rewards of the asanas but also strengthening the power of the mind and heart. This class is held in Studio One.

### 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.