

# GROUP FITNESS SCHEDULE

Effective December 1, 2011

Group Fitness Director: Lesli Schnare



MAIN STUDIO	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY		Studio 1
5:30 AM	<b>BODYPUMP</b>	Kari								<b>BODYPUMP</b>	Megan				
8:15 AM												Cardio Sculpt	Linda		
8:45 AM	Tabata	Linda	<b>BODYPUMP</b>	Lori	<b>BODY COMBAT</b>	Lori	Sky Mix	Lesli		Tabata	Linda				
9:15 AM												<b>BODYPUMP</b>	Andrea		
9:50 AM	<b>BODYPUMP</b>	Lesli	Step	Shannon	Sky Mix	Ginger	Step	Lesli	<b>BODYPUMP</b>	Povi					
10:30 AM												Pilates Mat	Manasa		
11:00 AM			PIYo	Charlsea	<b>BODYPUMP</b>	Povi	PowerPOP Pilates	Charlsea							
2:00 PM															
3:00 PM														<b>BODYPUMP</b>	Karen
4:00 PM															
4:30 PM	<b>BODY COMBAT</b>	Regina	SkyMix	Monica	<b>BODYPUMP</b>	Kristin	Pilates Mat	Kara							
5:30 PM	<b>BODYPUMP</b>	Regina	Zumba	Charlsea	PIYo (75 min)	Lori	ZumbaMIX	Charlsea							
6:30 PM			<b>BODYPUMP</b>	Andrea			<b>BODYPUMP</b>	Andrea							

We want to know what you think of the schedule. Contact Coordinator Lesli Schnare at [lschnare@sky-fit.com](mailto:lschnare@sky-fit.com) with your questions, comments, or concerns!

Never miss another class! Download the Sky iPhone app and sync classes directly to your calendar!

Studio	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY		S Cycle Studio
6:00 AM	S-Cycle	Jeff	S-Cycle	Jeff	S-Cycle	Tom									
7:30 AM			S-Cycle	Tom											
8:30 AM											S-Cycle	Jeff			
8:45 AM			Hour-Power Cycle	Ginger					Hour- Power Cycle	Lesli					
9:00 AM	<b>rhythmRIDE</b>	Lesli			S-Cycle	Jill	S-Cycle	Ginger							
9:30 AM											S-Cycle	Tom			
10:00 AM	S-Cycle	Jolina			S-Cycle	Lindsay									
2:00 PM													S-Cycle	Lindsay	
4:00 PM													S-Cycle	Jeff	
5:45 PM			S-Cycle	Jolina			S-Cycle	Brandy							
6:30 PM	S-Cycle	Jill			S-Cycle	Lindsay									

Love Cycle? Love music? You'll love rhythmRIDE. Find your own rhythm with Lesli in this class Monday Mornings at 9a!

SkyLine	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY		SkyLine
9:00 AM	SkyLine	Trevor	SkyLine	Linda	SkyLine	Trevor	SkyLine	Damyko	SkyLine	Eric	SkyLine	Trevor			
6:00 PM	SkyLine	Eric	SkyLine	JennySue	SkyLine	Ryan	SkyLine	JennySue							

Classes are 30 min. in length

Yoga Studio	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY		Yoga Studio
8:30 AM	Yin Yoga	Charlsea	Hatalini	Claudia	Slow Flow Yoga	Ellice	Hathalini	Claudia	Gentle Yoga	Ellice					
8:45 AM															
9:15 AM											Gentle Yoga	Elice			
10:00 AM	Deep Stretch Yoga	Charlsea	Slow Flow Yoga	Janet			Deep Stretch Yoga	Janet							
6:30 PM	Gentle Yoga	Cindy	Deep Stretch	Dawn	Yoga Basics	Manasa	Gentle Flow	Dawn							

Questions about the Yoga schedule? Contact Hilary Fields at [hfields@sky-fit.com](mailto:hfields@sky-fit.com).

Sky will be closed Christmas Day. Find Holiday Hours and Healthy Tips in the Holiday Survival Guide available at the Member Services Desk.



Schedule Effective:  
December 1, 2011

Holiday Hours:  
Christmas Eve

Facility: 7a-2p  
SkyCafé: 8a- 12p  
SkyKids: 8a-12p

Christmas Day  
CLOSED

NYE  
Facility: 7a-2p  
SkyCafé: 8a- 1p  
SkyKids: 8a- 1p

New Year's Day  
Facility: 8a- 6p  
SkyCafé: 12p-5p  
SkyKids: 12p-5p

Group Fitness Director:  
Lesli Schnare

Sky Fitness & Wellbeing™  
10121 S. Sheridan Rd.  
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[www.sky-fit.com](http://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

### BODYCOMBAT™ (CWL)

BodyCombat™ is a fiercely energetic cardiovascular workout that: Improves heart and lung function and reduces the risk of heart disease. Tones and shapes key muscle groups. Burns calories for a leaner body. Improves coordination and agility.

### BODYPUMP™ (CWL, ST)

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 class WILL change your BODY!

### 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 30 minutes of resistance training.

### 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. An extended class is now offered with bands, balls, and additional stretching.

### POWERPOP PILATES (ST, F, CWL)

Ready to take your core workout to the next level? Power Pop Pilates is an up-tempo, dynamic, challenging mat Pilates workout. It combines classical mat exercises with some innovative Pilates, strength and ballet inspired exercises that are choreographed for maximum results, all while jamming to your favorite tunes.

### 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.

### 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 speed and intensity of the workout via the tension on the wheel, everyone can "keep up". No coordination required!

\*\*2 new hour power classes at 60 min

### rhythmRIDE (CWL, MB)

An untraditional, yet technical way to indoor cycle. This class is all about the MUSIC/RPMS and movement. If you love dance, rhythm and cycling, you with love rhythmRIDE. Feel safe with technical indoor cycle class coaching, and freedom with rhythm and riding to some sick beats!!

### SKY MIX (ST, CWL) (originally called Sky Strength)

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.

### 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.

### 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 sets = 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!

### ZUMBA MIX (CWL)

Take your Zumba experience to different level with Zumba Mix- this exclusive Sky class mixes top 40's music with other Latin and international music for a heart-pumping hour of dance!

## YOGA

Sky's yoga program is based on classical Hatha yoga. Hatha is a physical approach to the ancient practice of yoga that includes postures, movement sequences and breathing..

### 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.

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

Take your yoga practice to a deeper level by integrating rhythmic breathing with focused movement. In this class breath pattern with each change of movement to create a moving meditation. This is an intermediate level class.

### YOGA BASICS (F, MB, ST)

A beginner class that focuses on learning the basic yoga postures and breath in a non-intimidating environment

### YIN YOGA (F, MB, ST)

This gentle yoga style utilizes long-held floor poses to enhance not only flexibility, but the Chi (energy) distribution throughout the body. These mainly static poses coax Chi into the respective meridians in the body, thereby functioning as a kind of "acupuncture without needles", eliminating toxins and enhancing the health of various organ systems. This style of yoga is great for both beginners and advanced practitioners.

### DEEP STRETCH YOGA (F, MB)

This yin approach to yoga focuses on relaxing and releasing tight muscles through breath awareness and sustained holding of a stretch. The gentle stretching of joints and connective tissues encourage the movement of energy throughout the body.

### SLOW FLOW YOGA (F, MB)

The postures are practiced in a slow and deliberate way to emphasis body awareness, ease of movement, alignment and safety. Poses are held longer to increase strength and balance.

### HATHALINI (F,MB)

Hathalini provides a combination of simple and practical yoga exercises based on the ancient disciplines of hatha and kundalini yoga. A unique practice to take you on a journey of self-discovery through moving, breathing, meditation, and deep relaxation.