

# SKY OF MIDTOWN: GROUP FITNESS SCHEDULE

Effective January 2012

Group Fitness Director: Lesli Schnare



| MAIN STUDIO | MONDAY            |          | TUESDAY     |           | WEDNESDAY            |          | THURSDAY    |        | FRIDAY            |         | SATURDAY |           | SUNDAY |  | Studio 1   |
|-------------|-------------------|----------|-------------|-----------|----------------------|----------|-------------|--------|-------------------|---------|----------|-----------|--------|--|--|
| 5:30 AM     |                   |          | BODYPUMP    | Mahala    | SkyCamp              | Ryan     | BODYPUMP    | Mahala |                   |         |          |           |        |  | We want to know what you think of the schedule. Contact Group Fitness Director Lesli Schnare at lschnare@sky-fit.com with your questions, comments, or concerns! |
| 6:30 AM     |                   |          |             |           |                      |          |             |        | Core (20 min)     | Dawn    |          |           |        |  |  |
| 8:00 AM     |                   |          |             |           |                      |          |             |        |                   |         | BODYPUMP | Trish     |        |  |  |
| 9:00 AM     | BODY-COMBAT       | Lori     | Zumba       | Stephanie | BODYPUMP             | Crystal  | TurboKick   | Lori   | Step              | Shannon | Zumba    | Stephanie |        |  |  |
| 10:00 AM    | BODYPUMP          | Lori     | Pilates Mat | Manasa    | Step                 | Shannon  | PIYO        | Lori   | PowerPOP Pilates  | Crystal | BODYPUMP | Team      |        |  |  |
| 12:00 PM    | BODYPUMP (45 min) | Trish    |             |           | Hot & Heavy (45 min) | Dawn     |             |        | BODYPUMP (45 min) | Crystal |          |           |        |  |  |
| 4:30 PM     |                   |          | Zumba       | Mary      |                      |          | BODY-COMBAT | Regina |                   |         |          |           |        |  |  |
| 5:30 PM     | Zumba             | Charlsea | BODYPUMP    | Mary      | Hip Hop Hustle       | Charlsea | BODYPUMP    | Regina |                   |         |          |           |        |  |  |
| 6:30 PM     | Pilates Mat       | Kara     |             |           | PIYO                 | Charlsea |             |        |                   |         |          |           |        |  |  |

| S-CYCLE STUDIO | MONDAY  |         | TUESDAY     |       | WEDNESDAY |        | THURSDAY |         | FRIDAY           |         | SATURDAY |       | SUNDAY  |      | S Cycle Studio  |
|----------------|---------|---------|-------------|-------|-----------|--------|----------|---------|------------------|---------|----------|-------|---------|------|---|
| 5:45 AM        | S-Cycle | Tom     |             |       | S-Cycle   | Jeff   |          |         | S-Cycle (40 min) | Dawn    |          |       |         |      | Please arrive early to S-Cycle to ensure you get a bike. No saving bikes! |
| 9:00 AM        | S-Cycle | Crystal | rhythm RIDE | Lesli | S-Cycle   | Jolina | S-Cycle  | Jill    | S-Cycle          | Crystal | S-Cycle  | Karen |         |      |   |
| 12:00 PM       |         |         | S-Cycle     | Dawn  |           |        | S-Cycle  | Lindsay |                  |         |          |       | S-Cycle | Jeff |   |
| 1:00 PM        |         |         |             |       |           |        |          |         |                  |         |          |       | S-Cycle | Jeff |   |
| 4:30 PM        |         |         |             |       |           |        |          |         |                  |         |          |       |         |      |   |
| 5:45 PM        | S-Cycle | Karen   |             |       | S-Cycle   | Karen  |          |         |                  |         |          |       |         |      |   |
| 6:30 PM        |         |         | S-Cycle     | Jeff  |           |        | S-Cycle  | Jeff    |                  |         |          |       |         |      |   |

| SkyLine | MONDAY  |     | TUESDAY |     | WEDNESDAY |     | THURSDAY |     | FRIDAY  |     | SATURDAY |     | SUNDAY |  | SkyLine                       |
|---------|---------|-----|---------|-----|-----------|-----|----------|-----|---------|-----|----------|-----|--------|--|-------------------------------|
| 9:00 AM | SkyLine | TBA | SkyLine | TBA | SkyLine   | TBA | SkyLine  | TBA | SkyLine | TBA | SkyLine  | TBA |        |  | Classes are 30 min. in length |
| 6:00 PM | SkyLine | TBA | SkyLine | TBA | SkyLine   | TBA | SkyLine  | TBA |         |     |          |     |        |  |                               |

| Yoga Studio | MONDAY         |          | TUESDAY       |          | WEDNESDAY      |         | THURSDAY     |          | FRIDAY |  | SATURDAY     |      | SUNDAY |  | Yoga Studio  |
|-------------|----------------|----------|---------------|----------|----------------|---------|--------------|----------|--------|--|--------------|------|--------|--|--|
| 9:00 AM     | Slow Flow Yoga | Christie | Gentle Yoga   | Ron      | Hathalini      | Claudia | Vinyasa Flow | Ron      |        |  |              |      |        |  | Questions about the Yoga schedule? Contact Hilary Fields at hfields@sky-fit.com. |
| 10:00 AM    |                |          |               |          |                |         |              |          |        |  | Vinyasa Flow | Jill |        |  |  |
| 12:00 PM    |                |          | PIYO (45 min) | Lori     |                |         | Deep Stretch | Christie |        |  |              |      |        |  |  |
| 5:30 PM     |                |          | Gentle Yoga   | Christie |                |         | Vinyasa Flow | Christie |        |  |              |      |        |  |  |
| 6:30 PM     | Vinyasa Flow   | Kody     |               |          | Slow Flow Yoga | Becca   |              |          |        |  |              |      |        |  |  |

Join us for our Grand Opening: January 6th & 7th: 10a- 6p!



Schedule Effective:  
January 2012

**Questions about the  
schedule?**

Email Sky of  
Midtown's Group  
Fitness Director, Lesli  
Schnare at  
[lschnare@sky-fit.com](mailto:lschnare@sky-fit.com)

For more information,  
visit [www.sky-fit.com](http://www.sky-fit.com).

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**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!

**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.

**HOT & HEAVY (CWL)**

It's a fun, fast paced 45- minute workout designed to target specific body parts to decrease body fat and increase muscle tone and definition.

**CORE**

A 20 min. class of all things Core. Cycle for 40 min, or workout on your own, then join us in the Studio for a 20 min. set of Abdominal work!

**HIP HOP HUSTLE**

This class designed for absolutely everyone. Why? Because the moves are broken down and simplified, making them easy to follow. Each release is a combination of easy to learn hip-hop dance moves perfectly choreographed to high energy, motivating music. It's the ultimate cardiovascular challenge and you walk away learning a whole choreography!

**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!

**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!

**TURBOKICK®**

The unique Turbo Kick® movement patterns, combinations and techniques work together to give you the ultimate cardiovascular workout that will melt fat and reshape your body! Each full body workout consists of a sport specific warm-up, higher paced intervals, easy to follow combinations, kickboxing specific strength/endurance training and a mind/body like cool-down designed to maximize weight loss! No equipment is necessary. No dance experience required.

**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..

**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.

**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.

**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.

**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 emphasize body awareness, ease of movement, alignment and safety. Poses are held longer to increase strength and balance