

# SKY OF SOUTH TULSA: GROUP FITNESS SCHEDULE

Effective January 1, 2012



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		PowerPOP Pilates Kara	<b>BODYPUMP</b> Povi	Pilates Mat Manasa				
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	SkyMix Monica				
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				Never miss another class! Download the Sky iPhone app and sync classes directly to your calendar!

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!

S-Cycle	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		S-Cycle Megan				
8:30 AM						S-Cycle Jeff		
8:45 AM		Hour-Power Cycle Ginger			Hour- Power Cycle Lesli			
9:00 AM	<b>rhythm RIDE</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					

Why not try S-Cycle this year? Nothing produces results like switching your workout routine!

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	Vinyasa Flow Jill	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).

Happy New Year from Sky! Find Hours & Class Schedules at [www.sky-fit.com](http://www.sky-fit.com).



Schedule Effective:  
January 1, 2012

**What's New:**

Sky of Midtown is now open and included in your Sky of South Tulsa membership!

Visit our newest location today!

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

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Lesli Schnare

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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!

**HOT & HEAVY (CWL)**

It's a fun, fast past 30 minute workout designed to target core training and additional body parts. This class will burn body fat, increase core strength and build a stronger body. This Class is best followed by S-Cycle at 6:00a for a total Cardio/Core combination.

**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.