



GROUP FITNESS CLASS SCHEDULE > Effective: October 2016

MONDAY

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|---|
| 7:50am-8:50am GENTLE YOGA Mark |
| 9:00AM-9:55AM SPINNING Glenna |
| 9:15AM-10:20AM PUMP & ABS Sarah |
| 9:30AM-10:30AM AQUA FUSION Gina |
| 10:30AM-11:30AM RAISE THE BARRE Taylor/Glenna |
| 4:30PM-5:25PM HARD CORE Lori |
| 5:30PM-6:25PM MUSCLE PUMP Carrie B. |
| 5:30PM-6:25PM SPINNING Angie |
| 6:30PM-7:30PM CARDIO MASH UP Carrie B. |

TUESDAY

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| 5:30AM-6:00AM HARD CORE Bev |
| 6:00AM-6:55AM SPINNING Bev |
| 6:00AM-7:15AM HATHA YOGA Preeth |
| 9:00AM-9:55AM SPINNING Cacey |
| 9:00AM-9:55AM CARDIO KICKBOX Dena |
| 10:00AM-10:55AM PILATES Glenna |
| 11:00AM-12:00PM VINYASA YOGA Maria |
| 12:05PM-12:55PM <i>New!</i> CROSS TRAIN CHALLENGE Gayle |
| 4:30PM-5:25PM RAISE THE BARRE Meg |
| 5:30PM-6:25PM DANCE PARTY FUSION Evelyn |
| 6:00PM-6:55PM SPINNING Carrie B. |
| 6:30PM-7:30PM PILATES Glenna |

WEDNESDAY

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| 6:00AM-6:55AM KICKBOX INTERVAL Jackie |
| 7:50AM-8:50AM GENTLE YOGA Mark |
| 9:00AM-9:55AM KICK & PUMP Sarah |
| 10:00AM-10:55AM HARD CORE Angie |
| 11:00AM-11:55AM FOREVER FIT Glenna |
| 12:00PM-1:00PM YOGA Juanita |
| 12:00PM-12:45PM TRX CIRCUIT Cacey |
| 4:45PM-5:35PM TOTAL BODY BLAST Dena |
| 5:30PM-6:25PM SPINNING Carrie B. |
| 5:35PM-6:25PM CARDIO KICKBOX Lori |
| 6:00pm-7:00pm AQUA BLAST Elix |
| 6:30PM-7:25PM MUSCLE PUMP Carrie B. |

THURSDAY

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| 5:30AM-6:00AM HARD CORE Cacey |
| 6:00AM-6:50AM STRENGTH CIRCUIT Cacey |
| 9:00AM-9:55AM POWER HOUR Janeen |
| 9:00AM-10:00AM POWER SPLASH Cacey |
| 10:00AM-11:00AM PILATES 2 Glenna |
| 12:05PM-12:55PM CSI: Prairie Stone Carrie |
| 4:30PM-5:25PM RAISE THE BARRE Taylor |
| 5:30PM-6:25PM DANCE PARTY FUSION Evelyn |
| 6:00PM-6:55PM SPINNING Will |
| 6:30PM-7:30PM FUSION YOGA Kathy |

FRIDAY

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| 6:00AM-6:55AM SPINNING Gayle |
| 7:50AM-8:50AM GENTLE YOGA Mark |
| 9:00AM-10:05AM SPINNING Sarah |
| 9:00AM-9:55AM BODYWEIGHT BURN Cinde |
| 11:00AM-11:55AM FOREVER FIT Cinde |
| 12:00PM-1:00PM POWER YOGA Maria |
| 5:30PM-6:45PM HATHA YOGA Preeth |

SATURDAY

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| 7:00AM-8:10AM SPIN & CORE Gayle/Cacey |
| 8:30AM-9:25AM MULTI STEP Dan |
| <i>Alternating</i> CSI (10/1, 15 & 29) Cacey |
| 9:00AM-9:55AM SPINNING Will |
| 9:45AM-11:00AM GENTLE YOGA Mary Ann |
| 11:15AM-12:15PM ZUMBA Stephani C. |

SUNDAY

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| 8:00AM-8:50AM PUMP & ABS Glenna |
| 9:00AM-9:55AM STEP & SWEAT Lori |
| <i>Alternating</i> ADV. STEP (10/2, 16 & 30) Christal |
| 9:00AM-9:55AM SPINNING Joe |
| 10:00AM-10:55AM PILATES SCULPT Debby |
| 11:00AM-11:50AM ZUMBA Andrew |

- CARDIO / STRENGTH**
- SPIN**
- AQUA**
- MIND / BODY**

Note: Classes may vary in duration based on instructor's discretion.

SCAN THIS CODE

for a complete schedule and listing of classes,
or visit prairiestonesports.com



FACILITY HOURS

Monday–Thursday 5:00AM–11:00PM
Friday 5:00AM–10:00PM
Saturday & Sunday 6:00AM–9:00PM

847–285–5400 — prairiestonesports.com



GROUP FITNESS CLASS DESCRIPTIONS



ADVANCED STEP Advanced level workout that keeps on going until the end. Intense unique workout expanding on the basic Step class by incorporating harder choreography at a faster tempo with more advanced moves for a great aerobic workout.

AQUA BLAST Get stronger and leaner without impact on your joints using water resistance, aquatic dumbbells and noodles. Great total body workout for all levels of fitness.

AQUA FUSION A cardiovascular and muscle-conditioning program within a safe, low impact environment. Large range of motion is stressed to increase flexibility and resistance exercises tone specific muscle groups. The class finishes with the centering of Ai Chi to leave you balanced and energized. Appropriate for post rehab clients transitioning from Physical Therapy to general exercise.

AQUA TABATA EXPRESS Get the benefit of High Intensity Interval Training with light impact in the water. Use of maximum effort for 20 seconds and recovery for 10 seconds. Great for building strength, enhancing cardiovascular conditioning and weight loss. Adaptable to all fitness levels.

BODYWEIGHT BURN Effective way to improve balance, flexibility and strength. Spice up your workout and break through your fitness plateau!

CARDIO KICKBOX High-energy and cardio workout emphasizing punches, kicks and martial arts techniques. Targets large muscle groups. Great fat burning class.

CARDIO MASH-UP Mix up your cardio workout with this fusion of kickbox, agility drills, high/low aerobics and more. Prepare to have fun and get your heart pumping!

CSI: PRAIRIE STONE Cardio Strength Integration is the ideal cross training class designed to meet the needs of all fitness levels. Sculpt and sweat with a variety of training techniques that keeps your body challenged and ready for more.

CROSS TRAIN CHALLENGE Looking for the perfect combination of cardio and strength training? This class is it. Each week both the format and equipment used will change to make for increased calorie burn and a total body workout. Hit every muscle group as you burn calories zipping through stations of different fitness equipment from the BOSU to medicine balls to jump ropes.

DANCE PARTY FUSION Get ready to move it, move it! Learn the hottest dance moves in this cardio style dance class. If you can dance to it, we party to it. Have fun dancing the calories away in this high intensity class to Latin, swing, disco, hip-hop, reggaeton music. You will get a great workout while having fun and feeling good!

FOREVER FIT This safe and effective fitness class will help build bone density while improving endurance, strength, flexibility and balance. Great class to kick-start your new or improved fitness lifestyle.

FUSION YOGA Multiple yoga styles that are combined for High energy, low key yoga for stretch, strength and vitality.

GENTLE YOGA Focus on breath and body awareness to improve health, emotional balance and mental clarity. All levels welcome.

HARD CORE Find your inner strength through this total body workout. Integrate flexibility, balance, strength and power to achieve maximum results.

HATHA YOGA A gentle yoga practice with careful attention to mind/body balance. All students benefit from this traditional approach.

KICK & PUMP Kickbox training drills and strength training combined for a highly effective cross training cardiovascular workout. Bring a water bottle!

KICKBOX INTERVAL Kickbox training intervals alternating with functional training and strength training. Cardiovascular and muscular endurance is emphasized during this full body workout.

MUSCLE PUMP Strength training using plate loaded barbells and various equipment to give muscular endurance and the cuts you want.

PILATES Link the mind and body through this core strengthening mat class. Techniques improve posture and alignment while increasing flexibility and range of motion.

PILATES 2 Intermediate/Advanced level mat class. 6 months prior Pilates training is recommended.

PILATES SCULPT Mat Pilates combined with sculpting techniques using strength training equipment such as bands, resistant balls, hand weights and tubing.

POWER HOUR Energetic full body workout of cardio, weights, and core work designed to strengthen the cardiovascular system and muscles, boosts balance, flexibility and endurance using dumbbells, tubes and balls. Exercises can be modified to accommodate all fitness levels.

POWER SPLASH Set to music and adaptable to all fitness levels, this class uses the natural resistance of water to give an aerobic workout. Come jump, kick, and splash your way through this energizing program.

POWER YOGA Unique combination of dynamic breathing and strong flowing movement that creates a high-heat, high-energy workout. Unleash your inner power and improve your total body awareness.

PUMP & ABS Strength training session to tone the body, energize the spirit and keep the metabolism running high. Then whip those abs into shape with targeted core exercises!

RAISE THE BARRE Upbeat total body workout combining dance, Pilates and yoga. Use of light weights for upper body toning, barre for lower body sculpting and mats for core conditioning! No prior dance experience required!

STRENGTH CIRCUIT Sculpt your body with strength training and cardio intervals. Create the look and feel of a champion!

SPINNING Intense group cycling class working both aerobically and anaerobically. An action packed ride that simulates real road conditions and is the ultimate calorie burner. Please arrive 10 minutes prior to class.

SPIN & CORE 50 minutes of non-stop Spinning topped off with 20 minutes of core challenge. Great way to kick start your weekend.

STEP & SWEAT Challenge your endurance with step aerobics and a variety of cardiovascular techniques guaranteed to make you sweat!

TOTAL BODY BLAST Blast away the calories with this total body workout. Cardio, strength training, and muscle confusion techniques are combined to keep your body guessing and keep you on track towards your fitness goals.

TRX CIRCUIT This fast-paced, high intensity circuit training class will push you with a series of TRX suspension training station which is punctuated with fun and fast-moving cardio drills. Develop the strength, power, endurance and mobility to look, feel and move better than ever.

VINYASA YOGA Enhance your knowledge and awareness through this breath synchronized yoga practice. Explore the blending of alignment and flow to deepen your strength and flexibility.

ZUMBA Get ready to sweat in this Latin flavor "fitness-party" class. Easy to follow, body energizing moves keep you motivated and inspired. A combination of fast and slow rhythms are used to sculpt and tone your body.