



# GROUP FITNESS CLASS SCHEDULE > EFFECTIVE 9/1/18

## MONDAY

7:30AM-8:30AM <b>GENTLE YOGA</b> Shaza
9:15AM-10:20AM <b>PUMP &amp; ABS</b> Sarah
9:30AM-10:30AM <b>AQUA FUSION</b> Gina
10:30AM-11:30AM <b>RAISE THE BARRE</b> Taylor/Glenna
4:30PM-5:25PM <b>HARD CORE</b> Lori
5:30PM-6:25PM <b>MUSCLE PUMP</b> Carrie B.
6:00PM-6:55PM <b>SPINNING</b> Angie
6:30PM-7:30PM <b>CARDIO MASH UP</b> Carrie B.
6:30PM-7:30PM <b>AQUA BLAST</b> Paula

## TUESDAY

5:30AM-5:50AM <b>HARD CORE</b> Gayle
6:00AM-6:30AM <b>HIIT 360</b> Gayle
6:00AM-7:00AM <b>HATHA YOGA</b> Preeth
9:00AM-9:55AM <b>SPINNING</b> Cacey
9:00AM-9:55AM <b>CSI</b> Dena
9:30AM-10:30AM <b>POWER SPLASH</b> Kim
10:00AM-10:55AM <b>PILATES</b> Glenna
11:00AM-12:00PM <b>VINYASA YOGA</b> Maria
4:30PM-5:25PM <b>RAISE THE BARRE</b> Meg
5:30PM-6:25PM <b>DANCE PARTY FUSION</b> Evelyn
6:00PM-6:55PM <b>SPINNING</b> Carrie B.

## WEDNESDAY

7:30AM-8:30AM <b>GENTLE YOGA</b> Shaza
9:00AM-9:55AM <b>KICK &amp; PUMP</b> Jackie
11:00AM-11:55AM <b>FOREVER FIT</b> Glenna
4:45PM-5:35PM <b>TOTAL BODY BLAST</b> Dena
5:30PM-6:25PM <b>SPINNING</b> Carrie B.
5:35PM-6:25PM <b>CARDIO KICKBOX</b> Lori
6:30PM-7:25PM <b>MUSCLE PUMP</b> Carrie B.

## THURSDAY

5:30AM-6:00AM <b>HARD CORE</b> Cacey
6:00AM-6:30AM <b>HIIT 360</b> Cacey
9:00AM-9:55AM <b>POWER HOUR</b> Janeen
9:30AM-10:30AM <b>POWER SPLASH</b> Kim
10:00AM-11:00AM <b>PILATES 2</b> Glenna
12:05PM-12:55PM <b>CSI: Prairie Stone</b> Carrie
4:30PM-5:25PM <b>RAISE THE BARRE</b> Taylor
5:30PM-6:25PM <b>DANCE PARTY FUSION</b> Evelyn
6:30PM-7:30PM <b>PILATES</b> Emily

## FRIDAY

5:45AM-6:35AM <b>SPINNING</b> Gayle
7:30AM-8:30AM <b>GENTLE YOGA</b> Shaza
9:00AM-10:05AM <b>SPINNING</b> Sarah
10:30AM-11:25AM <b>FOREVER FIT</b> Sharon
12:00PM-1:00PM <b>POWER YOGA</b> Kelley
5:30PM-6:45PM <b>HATHA YOGA</b> Preeth

## SATURDAY

7:00AM-8:10AM <b>SPIN &amp; CORE</b> Gayle/Missy
8:30AM-9:25AM <b>MULTI STEP</b> Dan
<i>Alternating</i> <b>CSI (9/1, 9/15 &amp; 9/29)</b> Gayle
9:00AM-9:55AM <b>RHYTHMIC RIDE</b> Will
9:45AM-11:00AM <b>GENTLE YOGA</b> Kelley
11:15AM-12:15PM <b>ZUMBA</b> Stephani C.

## SUNDAY

8:00AM-8:50AM <b>PUMP &amp; ABS</b> Glenna
9:00AM-9:55AM <b>SPINNING</b> Missy
10:00AM-10:55AM <b>PILATES SCULPT</b> Emily
11:00AM-11:50AM <b>ZUMBA</b> Andrew

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

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

### 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.

**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.

**HIIT 360** An interval training class for strength and cardiovascular conditioning using the SYNRGY 360 functioning training piece, providing dynamic and impactful exercises.

**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!

**RHYTHMIC RIDE** Combines indoor cycling fundamentals with pulsating music that will make you move. Lose yourself in this rhythmic ride while testing and improving your aerobic and anaerobic endurance. Come Party with Us and sweat away the calories.

**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.

**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.