



# GROUP FITNESS CLASS SCHEDULE > EFFECTIVE 11/1/18

## MONDAY

7:30-8:30AM Shaza  
**GENTLE YOGA**

9:15-10:20AM Sarah  
**PUMP & ABS**

9:30-10:30AM Gina  
**AQUA FUSION**

10:30-11:30AM Taylor/Glenna  
**RAISE THE BARRE**

**New!** 11:45AM-12:30PM Carrie  
**CSI: PRAIRIE STONE**

4:30-5:25PM Lori  
**HARD CORE**

5:30-6:25PM Carrie  
**MUSCLE PUMP**

6:30-7:30PM Carrie  
**CARDIO MASH UP**

6:30-7:30PM Paula  
**AQUA BLAST**

## TUESDAY

6:00-7:00AM Preeth  
**HATHA YOGA**

9:00-9:55AM Cacey  
**SPINNING**

9:00-9:55AM Dena  
**CSI: PRAIRIE STONE**

9:30-10:30AM Kim  
**POWER SPLASH**

10:00-10:55AM Glenna  
**PILATES**

11:00AM-12:00PM Maria  
**VINYASA YOGA**

4:30-5:25PM Meg  
**RAISE THE BARRE**

5:30-6:25PM Evelyn  
**DANCE PARTY FUSION**

6:00-6:55PM Carrie  
**SPINNING**

## WEDNESDAY

7:30-8:30AM Shaza  
**GENTLE YOGA**

9:00-9:55AM Jackie  
**KICK & PUMP**

11:00-11:55AM Glenna  
**FOREVER FIT**

4:45-5:35PM Dena  
**TOTAL BODY BLAST**

5:30-6:25PM Carrie  
**SPINNING**

5:35-6:25PM Lori  
**CARDIO KICKBOX**

6:30-7:25PM Carrie  
**MUSCLE PUMP**

## THURSDAY

5:30-6:00AM Cacey  
**HARD CORE**

6:00-6:30AM Cacey  
**HIIT 360**

9:00-9:55AM Janeen  
**POWER HOUR**

9:30-10:30AM Kim  
**POWER SPLASH**

10:00-11:00AM Glenna  
**PILATES 2**

12:00-12:55PM Carrie  
**TREAD & TONE**

4:30-5:25PM Taylor  
**RAISE THE BARRE**

5:30-6:25PM Evelyn  
**DANCE PARTY FUSION**

**New!** 5:30-6:25PM Angie  
**TREAD & TONE**

6:30-7:30PM Emily  
**PILATES**

## FRIDAY

5:45-6:35AM Gayle  
**SPINNING**

7:30-8:30AM Shaza  
**GENTLE YOGA**

9:00-10:05AM Sarah  
**SPINNING**

10:30-11:25AM Sharon  
**FOREVER FIT**

12:00-1:00PM Kelley  
**POWER YOGA**

5:30-6:45PM Preeth  
**HATHA YOGA**

## SATURDAY

7:00-8:10AM Gayle/Missy  
**SPIN & CORE**

8:30-9:25AM Dan  
**MULTI STEP**  
*(11/3 & 11/17) EVERY OTHER WEEK*

8:30-9:25AM Gayle/Missy  
**TREAD & TONE**

9:00-9:55AM Will  
**RHYTHMIC RIDE**

9:45-11:00AM Kelley  
**GENTLE YOGA**

11:15AM-12:15PM Stephani  
**ZUMBA**

## SUNDAY

8:00-8:50AM Glenna  
**PUMP & ABS**

9:00-9:55AM Missy  
**SPINNING**

10:00-10:55AM Emily  
**PILATES SCULPT**

11:00-11:50AM Andrew  
**ZUMBA**

## FACILITY HOURS

Monday–Thursday 5:00AM–11:00PM

Friday 5:00AM–10:00PM

Saturday & Sunday 6:00AM–9:00PM

847-285-5400 — prairiestonesports.com

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

CARDIO / STRENGTH AQUA SPIN MIND / BODY



## GROUP FITNESS CLASS DESCRIPTIONS

**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.

**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.

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

**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!

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

**MULTI-STEP** A dynamic step workout using 2, 4, or 6 steps! Get a super workout challenging both mind and body. Previous step experience recommended.

**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.

**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!

**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.

**TREAD & TONE** Cardio-strength interval workout to maximize fat-burn while sculpting and toning your muscles in this 60-minute treadmill and strength training interval workout. Treadmill rounds alternate between incline and flat road intervals to burn fat while the strength training rounds sculpt and tone the muscles.

**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.

**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.

**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.

**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.

**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.

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

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

**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 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.

**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!

**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.

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