

# GROUP FITNESS SCHEDULE

Effective November 1, 2011



Group Fitness Director: Lesli Schnare

MAIN STUDIO	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	Studio 1
5:30 AM	<b>BODYPUMP</b> Carisa		Hot & Heavy! (30 min) Megan		<b>BODYPUMP</b> Megan			<p>We want to know what you think of the schedule. Contact Coordinator Lesli Schnare at <a href="mailto:lschnare@sky-fit.com">lschnare@sky-fit.com</a> with your questions, comments, or concerns!</p> <p>Never miss another class! Download the Sky iPhone app and sync classes directly to your calendar!</p>
8:15 AM						Cardio Sculpt Linda		
8:45 AM	Tabata Linda	<b>BODYPUMP</b> Lori	<b>BODYCOMBAT</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 Crystal		
11:00 AM		PIYo Charlse	<b>BODYPUMP</b> Povi	PowerPOP Pilates Charlse				
2:00 PM								
3:00 PM							<b>BODYPUMP</b> Staff	
4:00 PM								
4:30 PM	<b>BODYCOMBAT</b> Regina	SkyMix Monica	<b>BODYPUMP</b> Kristin	PowerPOP Pilates Charlse				
5:30 PM	<b>BODYPUMP</b> Regina	Zumba Charlse	PIYo (75 min) Lori	ZumbaMIX Charlse				
6:30 PM		<b>BODYPUMP</b> Andrea		<b>BODYPUMP</b> Andrea				

Studio	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	S Cycle Studio
6:00 AM	S-Cycle Jeff	S-Cycle Jeff	S-Cycle Megan					<p>Love Cycle? Love music? You'll love rhythmRIDE. Find your own rhythm with Lesli in this class Monday Mornings at 9a!</p>
7:30 AM		S-Cycle Tom						
8:30 AM						S-Cycle Jeff		
8:45 AM		Hour-Power Cycle Ginger			Hour- Power Cycle Lesli			
9:00 AM	rhythmRIDE 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					

SkyLine	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	SkyLine
9:00 AM	SkyLine Trevor	SkyLine Linda	SkyLine Trevor	SkyLine Damyko	SkyLine Eric	SkyLine Trevor		<p>Classes are 30 min. in length</p>
6:00 PM	SkyLine Eric	SkyLine JennySue	SkyLine Ryan	SkyLine JennySue				

Yoga Studio	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	Yoga Studio
8:30 AM	Yin Yoga Charlse	Hatalini Claudia	Slow Flow Yoga Ellice	Hathalini Claudia	Gentle Yoga Ellice			<p>Questions about the Yoga schedule? Contact Hilary Fields at <a href="mailto:hfields@sky-fit.com">hfields@sky-fit.com</a>.</p>
8:45 AM								
9:15 AM						Gentle Yoga Elice		
10:00 AM	Deep Stretch Yoga Charlse	Slow Flow Yoga Janet		Deep Stretch Yoga Janet				
6:30 PM	Gentle Yoga Cindy	PowerPOP Pilates Charlse	Yoga Basics Manasa	Yin Yoga Charlse				

Earn your Thanksgiving pie with Sky's Thanksgiving Classes! See the event board for more information.

# GROUP PROGRAM SCHEDULE

Effective November 1, 2011



CrossFit	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
5:00a												
6:00a	Crossfit	Hollace	Crossfit	Amy Q	Crossfit	Hollace	Crossfit	Tracy	Crossfit	Amy C		
8:00a											Crossfit	Hollace
9:00a												
9:30a	Crossfit	Mandy	Crossfit	Kelli	Crossfit	Hollace	Crossfit	Hollace	Crossfit	Kelli		
12:00p	Crossfit	Mandy			Crossfit	Hollace			Crossfit	Kelli		
3:00p												
5:30p	Crossfit	Staff	Crossfit	Staff					Crossfit	Kelli		

Crossfit Open Gym: Sundays 2- 4 p.m.  
 Limited Space is available and classes are fee- based. To attend you must enroll with a Concierge.

TRX	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
5:00a	TRX	Danny										
6:00a	TRX	Shellie			TRX	Shellie						
9:00a	TRX	Danny	TRX	Shellie			TRX	Shellie			TRXenlisted	Danny
10:00a	TRX	Danny			TRX	Danny			TRX	Shellie		
11:00a			TRX	Shellie			TRXenlisted	Shellie				
6:00p												
6:30p					TRXenlisted	Trevor						

Limited Space is available and TRX is fee- based.

Pilates Group	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
5:45a									Pilates	Cindy		
8:30a							Pilates	Hilary				
8:40a	Pilates	Hilary			Pilates	Hilary						
9:00a			Pilates	Janice								
9:30a											Pilates	Hilary
9:45a					Osteoporosis Pilates	Hilary						
10:00a	Pilates	Janice	Pilates	Janice					Pilates	Janice		
10:30a							Pilates	Janice				
12:00p			Pilates	Cindy			Pilates	Cindy				
1:00p	Pilates	Cindy	Pilates	Cindy	Pilates	Cindy	Pilates	Cindy				
2:30p	Pilates for Seniors	Janice							Pilates for Seniors	Janice		
4:30p					Pilates	Janice						
5:30p	Pilates	Janice	Pilates	Janice			Pilates	Staff				
6:00p												
6:30p			Pilates	Cindy	Pilates	Janice	Ballet Bar/Pilates	Staff				

All classes are multi-level unless otherwise noted. Limited Space is available and classes are fee- based.  
 Please see Hilary Fields or speak with a Concierge to enroll. Private sessions are also available.



Schedule Effective:  
November 1, 2011

**What's New:**

Thanksgiving Hours:  
November 24, 2011

Facility: 7a-2p  
SkyCafé: 8a- 12p  
SkyKids: 8a-12p

Classes:  
Thanksgiving Ride: 9a

Thankful for Tabata:  
10a

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!

**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 emphasize 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.