

16/17 SESSION I FITNESS CLASSES

Tuesday, September 6 - Monday, January 23

REGISTER EARLY & SAVE \$ 20

Student Rate: \$ 55 per class through August 29 * *Early Bird Price!*
\$ 75 per class after August 29

Adult Rate: \$105 per class through August 29 * *Early Bird Price!*
\$125 per class after August 29

Minimum Class Size: 6 Maximum Class Size: 20 (unless noted)
Midterm registrations pro-rated.



Session I meets Tuesday, September 6, 2016 through Monday, January 23, 2017. Fitness Classes do not meet during Long Fall Weekend. Classes do not meet December 21 through January 3. Session I Fitness Classes resume Wednesday, January 4. For more information, please contact Shaun Liesch at (262) 752-2608 or sliesch@prairieschool.com.

**** Please bring a pair of "indoor only" athletics shoes with you to each class. ****

Monday 4:30 PM - 5:15 PM Instructor: Bobbie Fedders	NEW! Boot Camp Core & More: High energy total body workout that is boot camp style and focuses on building a strong core. Please bring an exercise mat. 45-minute workout.
Tuesday 8:45 AM - 9:45 AM Instructor: Shaun Liesch, Strength & Conditioning Coach & Assistant AD	Triple Threat: Cardio, strength, and core training in three twenty-minute segments designed to help you get the most out of your workout in the least amount of time. Please bring an exercise mat.
Tuesday 4:30 PM - 5:30 PM Instructor: Cindy Westman	NEW! Yoga for Relaxation: Utilize specific yoga poses and sequences to help de-stress and de-clutter the mind to help you find a more relaxed version of you. Please bring a mat. Suggested but not required: yoga block and yoga strap.
Wednesday 8:45 AM - 8:45 AM Wednesday 4:30 PM - 5:30 PM Instructor: Joe Elondou	Body Boot Camp: Designed to build strength, stamina and agility. Joe's class is a fun way to stay fit. Select from either the morning or afternoon session. Please bring an exercise mat.
Thursday 8:45 AM - 9:30 AM Instructor: Bobbie Fedders <i>Maximum Class Size: 16</i>	TRX: Precision based workout designed to sculpt your body. This total body workout builds a rock solid core and increases muscular endurance. TRX is scaled to all fitness levels. Please bring an exercise mat.
EARLY MORNING CLASS! Friday 6:45 AM - 7:30 AM Instructor: Bobbie Fedders	Body Blast: High intensity total body workout that uses weights, bands, step bench and a stability ball to define, tone and strengthen your body. Please bring an exercise mat.

Posted July 25, 2016