

16/17 SESSION II FITNESS CLASSES

Monday, February 6 - Friday, May 26, 2017

REGISTER EARLY & SAVE \$ 20

Adult Rate:	\$ 80 per class through January 23 * <i>Early Bird Price!</i> \$ 100 per class after January 23
Student Rate:	Complimentary (excluding Winter Golf). Student space is limited. ONLINE STUDENT REGISTRATION IS REQUIRED!
<p>Maximum Class Size: 20 (unless noted) Maximum number of student registrations per Fitness Class: 10 Mid-term registrations prorated.</p>	



Session II meets Monday, February 6 - Friday, May 26, 2017. Fitness Classes do not meet during Long Winter Weekend, Spring Break or on Good Friday. 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. ***

<p>Tuesday 8:45 AM - 9:45 AM Instructor: Shaun Liesch, Strength & Conditioning Coach & Assistant AD</p>	<p>Mobility & Stability: This class is designed to increase your mobility and flexibility while also strengthening and stabilizing your body with proper posture. Learn fundamental movements that will become progressively more difficult as the session moves on. Please bring a mat.</p>
<p>** NEW TIME ** Tuesday 4:15 PM - 5:15 PM Instructor: Cindy Westman</p>	<p>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.</p>
<p>Wednesday 8:45 AM - 9:45 AM Wednesday 4:30 PM - 5:30 PM Instructor: Joe Elondou</p>	<p>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.</p>
<p>Thursday 8:45 AM - 9:30 AM Instructor: Bobbie Fedders Maximum Class Size: 8</p>	<p>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.</p>
<p>EARLY MORNING CLASS! Friday 6:45 AM - 7:30 AM Instructor: Bobbie Fedders</p>	<p>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.</p>
<p>Monday 6:30 PM - 8 PM and/or Wednesday 6:30 PM - 7:30 PM See flyer for exact dates. Open to adults and students in Grades 8 and above. No early bird price. Same price for students and adults.</p>	<p>WINTER GOLF CONDITIONING RETURNS TO PRAIRIE! Presented by Pete Eitel, Head Pro/Class A PGA Pro and Carrie Massey, Head Coach US Girls Golf and Golf Performance Enhancement Instructor. For details (including pricing), click Winter Golf or visit the Fitness Center tab on Athletics page.</p>