

## Session 1 Fitness Class Schedule

**Register by August 27th & SAVE \$20 per class!**

**\$ 105 per class through August 27th**

**\$ 125 per class after August 27th**

Maximum Class Size: 20 (unless noted)

Mid-term registrations prorated.



### **Session I: Tues., Sept. 5th - Thurs. Dec. 21st, 2017**

Class does meet during Long Fall Weekend or Winter Break. For more information, please contact Shaun Liesch at (262) 752-2608 or [sliesch@prairieschool.com](mailto:sliesch@prairieschool.com).

|  |  |
|--|--|
| <p><b>Wednesday</b><br/><b>8:45 AM - 9:45 AM</b><br/><i>Instructor:</i><br/><i>Heather Smith</i></p> | <p><b><u>HIIT Yoga</u></b> (High Intensity Interval Training):<br/>Increase your metabolism through this hour long class that will take your heart rate on a roller coaster ride. HIIT Yoga switches back &amp; forth from Burpees, Jump Squats, Mountain Climbers etc to swift Yoga sequences that act as active recovery. You will strengthen your upper body &amp; core with a cardio experience that will leave you sweaty, breathless &amp; a little zen. Each session includes a moment of meditation in the beginning and a final relaxation to close, leaving the middle to spike your endorphins &amp; make you stronger.</p> |
| <p><b>Thursday</b><br/><b>8:45 AM - 9:30 AM</b><br/><i>Instructor:</i><br/><i>Bobbie Fedders</i></p> | <p><b><u>TRX Total Body</u></b>: TRX exercise develops strength, balance, flexibility and core stability simultaneously. TRX leverages gravity with body weight and offers a wide variety of exercises that are scalable for all fitness levels, from beginner to hard core fitness buff!<br/><br/>** Maximum Class Size: 16</p>   |
| <p><b><i>“Indoor only” athletics shoes and an athletic mat are recommended.</i></b></p>              |  |

Updated October 12, 2017