

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.

<p>Tuesday 9 AM - 10 AM <i>Instructor:</i> <i>Joe Elondou</i></p>	<p><u>20/20/20:</u> Balance, core and strength. <i>This low impact class teaches functionality and is <u>tailored for beginners</u>.</i> Balance addresses postural alignment and body awareness with controlled progressions. Core focuses on stabilizing the lumbo-pelvic-hip complex and the thoracic and cervical spine. Learn strength training basics with weights up to 10 pounds.</p>
<p>Wednesday 8:45 AM - 9:45 AM <i>Instructor:</i> <i>Heather Smith</i></p>	<p><u>HIIT Yoga</u> (High Intensity Interval Training): Increase your metabolism through this hour long class that will take your heart rate on a roller coaster ride. HIIT Yoga switches back & forth from Burpees, Jump Squats, Mountain Climbers etc to swift Yoga sequences that act as active recovery. You will strengthen your upper body & core with a cardio experience that will leave you sweaty, breathless & 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 & make you stronger.</p>
<p>Thursday 8:45 AM - 9:30 AM <i>Instructor:</i> <i>Bobbie Fedders</i></p>	<p><u>TRX Total Body:</u> 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! ** Maximum Class Size: 16</p>
<p><i>"Indoor only" athletics shoes and an athletic mat are recommended.</i></p>	