

16/17 SESSION I FITNESS CLASSES

Tuesday, September 6 - Monday, January 23, 2017

Student Rate: \$ 75 per class

Adult Rate: \$ 125 per class

Minimum Class Size: 6 Maximum Class Size: 20 (unless noted)

Midterm registrations pro-rated.

Daily Drop In Fee: \$7 per class, payment due at check-in.



Session I starts Tuesday, September 6, 2016 and runs through Monday, January 23, 2017. Yoga will not meet on Tuesday, September 20 (special event). Fitness Classes do not meet October 11 and 12 (Long Fall Weekend), Wednesday, November 23-25 (Thanksgiving) and December 21 through January 3 (Winter Break). 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" athletic shoes with you to each class. ****

<p>Monday 4:30 PM - 5:15 PM Instructor: Bobbie Fedders</p>	<p>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.</p>
<p>Tuesday 8:45 AM - 9:45 AM Instructor: Shaun Liesch, Strength & Conditioning Coach & Assistant AD</p>	<p>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.</p>
<p>Tuesday 4:30 PM - 5:30 PM Instructor: Cindy Westman</p>	<p>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.</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 <i>Maximum Class Size: 16</i></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>