

Session II Fitness Class Schedule

Register by December 31st & SAVE \$25 per class!

\$ 126 per class through December 31, 2017

\$ 151 per class after January 1, 2018

Maximum Class Size: 20 (unless noted)

Mid-term registrations prorated.



Session II: January 8th - May 25th, 2018

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

<p>Tuesday 8:45 AM - 9:45 AM <i>Instructor:</i> <i>Joe Elondou</i></p>	<p><u>Body Boot Camp:</u> Yes, it's back! This class mixes traditional calisthenics and weight exercises with interval training and strength training and is designed to be a fun way to workout with family and friends. You will be challenged and encouraged to work hard. Activities include weight training, sprints, pushups, various forms of plyometric exercises, interval training, squats, lunges, squat thrusts, burpees, core strength, team competitions, partner exercises, obstacle courses, and more! Please bring an exercise mat.</p>
<p>Wednesday 8:45 AM - 9:45 AM <i>Instructor:</i> <i>Heather Smith</i></p>	<p><u>HIIT Yoga (High Intensity Interval Training):</u> 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> Maximum Class Size 16</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!</p>
<p><i>"Indoor only" athletics shoes and an athletic mat are recommended.</i></p>	

