

**2018  
SESSION I  
REGISTRATION IS  
NOW OPEN!**

# Weekly Classes:

**Wed., Sept. 12<sup>th</sup> - Fri., Dec. 21<sup>st</sup>**

**Tuesday, Wednesday & Friday mornings**

**8:45 AM - 9:45 AM**

**Please register online by Fri., Sept. 7th**

<https://prairieschool.wufoo.com/forms/z1wefxo707s5jkf/>

**Minimum Class Size: 5**

**\$99  
per class**

<p><b>Tuesday</b> 8:45 AM   Dance Studio Instructor: Joe Elondou <b>\$99</b></p>	<p><b>Body Boot Camp</b>   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! <i>Please bring an exercise mat.</i></p>
<p><b>Wednesday</b> 8:45 AM   Dance Studio Instructor: Heather Smith <b>\$99</b></p>	<p><b>Sculpt Yoga</b>   Enjoy a good stretch &amp; fast, creative flow while tightening your whole body. <i>Please bring an exercise mat.</i></p>
<p><b>Friday</b> 8:45 AM   Dance Studio Instructor: Heather Smith <b>\$99</b></p>	<p><b>Anything Goes</b>   Every day is a surprise! Fast moving Vinyasa Creative flow, strength and conditioning, core, sculpting or a little bit of everything, you'll get a great 60-minute workout. Participant suggestions welcome! <i>PLEASE NOTE: This class is not for beginners. Please bring an exercise mat.</i></p>



**NOTE:** Please bring a pair of indoor shoes. Class does not meet when campus is closed (long fall or winter weekend, winter or spring break, etc).

**Questions? Contact:**

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**Mrs. Panthofer:** [dpanthofer@prairieschool.com](mailto:dpanthofer@prairieschool.com)

