

**18/19
SESSION II
MIDTERM REGISTRATION
ACCEPTED!
COURSE FEE PRO-RATED WEEKLY**

2019 Weekly Classes

(18 weeks)

Tues., Jan. 8th - Fri. May 24th, 2019

Register online today!

Minimum Class Size: 6

Registration URL:

<https://prairieschool.wufoo.com/forms/mfpzvkn0gipzbt/>

Price per class:

\$133

<p>Tuesday 8:45 AM Dance Studio Instructor: Joe Elondou</p>	<p>Body Boot Camp This is fun challenging mix of traditional calisthenics & weight exercises with interval & strength training. Activities include weight training, sprints, pushups, various forms of plyometric exercises, interval training, squats, lunges, thrusts, burpees, core strength, team competitions, partner exercises, obstacle courses, and more! <i>Exercise mat recommended.</i></p>
<p>Wednesday 8:45 AM Dance Studio Instructor: Heather Smith</p>	<p>Sculpt Yoga Enjoy a good stretch & fast, creative flow while tightening your whole body. <i>Exercise mat and Yoga accessories (block, bolster, blanket, strap) recommended.</i></p>
<p>Wednesday NOTE DATE CHANGE! 5:00 PM Dance Studio Instructor: Cassie Perkins</p>	<p>S² Ultimate Workout Step aerobics cardio conditioning and strength training creates a synergetic work out that will push you to new heights of fitness by boosting your metabolism and increasing your body mechanics.</p>
<p>Friday 8:45 AM Dance Studio Instructor: Heather Smith</p>	<p>Anything Goes 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>Exercise mat recommended.</i></p>



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

Questions? Contact:

Mr. Perkins: zperkins@prairieschool.com

