

**REGISTRATION  
NOW OPEN**  
**19/20 SESSION 1**  
**FITNESS CLASSES**

# Weekly Classes:

**\$99 per class**

**Wed., Sept. 11<sup>th</sup> - Fri., Dec. 20<sup>th</sup>, 2019**

**Wednesday & Friday morning**

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

**Please register online by Fri., Sept. 6th, 2019**

<https://prairieschool.wufoo.com/forms/m1dsn3ax07p85xe/>

**Minimum Class Size: 5**

## Wednesday

8:45 AM | Dance Studio

Instructor: Heather Smith

**\$99**

## Sculpt Yoga

This is a quick paced Vinyasa Flow with core & strengthening moves built into the sequences that will raise your heart rate, get you sweaty & then put you all back together. Make this part of your fitness journey and move yourself into a new level of strength, balance and flexibility. *Please bring a yoga mat, strap and blocks.*

## Friday

8:45 AM | Dance Studio

Instructor: Heather Smith

**\$99**

## Cardio, Weight & Core

Get yourself moving to a higher level of fitness with a full body work out consisting of cardio moves, lighter free weights (up to 10#) & creative core sequences in a fun and relaxed atmosphere. No class is the same and all moves can be modified by adjusting the pace, height and weight of each move to meet you at your fitness level, from beginner to advanced. *Please bring an exercise mat.*



**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).**

Program questions, contact:

Mr. Perkins: [zperkins@prairieschool.com](mailto:zperkins@prairieschool.com)

Registration questions, contact:

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

