

19/20
SESSION II
FITNESS CLASSES

REGISTRATION IS
NOW OPEN!

\$119 per class



Weekly Classes:

Fri., Jan. 10th - Fri., May 15th, 2020

Please register online by January 8th!

<https://prairieschool.wufoo.com/forms/m1w1p0fw1jyx4r/>

Minimum Class Size: 5

Midterm prorated registrations accepted.

Wednesday 8:45 AM

Dance Studio

Instructor:

Heather Smith

\$119

Sculpt Yoga

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

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Cardio, Weight & Core

Move 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. All moves can be modified 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

Registration questions, including midterm prorated rates?
Contact: Mrs. Panthofer: dpanthofer@prairieschool.com