

Prairie Lakes Fitness Class Schedule - Summer 2025

Monday

9:15-10:00am

Push and Pull Power*

 Aerobics Studio
 Todd Sparkman

5:30-6:15pm

Pump

 Aerobics Studio
 Diann Parcelli

6:30-7:30pm

Pilates

 Aerobics Studio
 Sue Garcia

Tuesday

8:00-9:00am

Good Morning Yoga

 Aerobics Studio
 Bridget Donovan

9:00-10:00am

Hi/Lo All-Around

 Aerobics Studio
 Mary Lou Anderson

10:00-10:45am

Chair Yoga

 Mountain View Room 1-2
 Dawn Christiansen

10:05-11:05am

Pilates

 Aerobics Studio
 Sue Garcia

6:00-7:00pm

Slow Flow Yoga

 Mountain View Room 1-3
 Lindsay Skarbek

7:30-8:30pm

Vinyasa Flow Yoga

 Mountain View Room 1-3
 Lindsay Skarbek

Wednesday

6:15-7:00am

Simply Sculpt

 Aerobics Studio
 Suzie Regan

8:00-9:00am

Gentle Yoga

 Aerobics Studio
 Bridget Donovan

5:20-6:20pm

Yin Yoga

 Aerobics Studio
 Rose Nudo-Semsak

6:00-6:45pm

Cycling

 Spin Room
 Kendra/Erica/Julie

6:30-7:15pm

Cardio/Tone

 Aerobics Studio
 Susan G/Diann

7:15-8:15pm

Zumba

 Aerobics Studio
 Lisa Carbello

Thursday

9:00-10:00am

Hi/Lo All-Around

 Aerobics Studio
 Mary Lou Anderson

10:00-10:45am

Chair Yoga

 Mountain View Room 1-2
 Dawn Christiansen

10:05-11:05am

E-Z Impact

 Aerobics Studio
 Mary Lou Anderson

6:35-7:35pm

Pilates

 Aerobics Studio
 Sue Garcia

Friday

6:15-7:00am

Simply Sculpt

 Aerobics Studio
 Suzie Regan

9:15-10:00am

Core and Quads*

 Aerobics Studio
 Todd Sparkman

Saturday

8:30-9:00am

30-Minute Power Up

 Aerobics Studio
 Diann Parcelli

8:30-9:30am

Pilates

 Mountain View Room 1-2
 Sue Garcia

10:15-11:00am

Total Body Strength

 Aerobics Studio
 Lisa Carbello

Sunday

10:30-11:20am

Zumba

 Aerobics Studio
 Lisa Carbello

Daily Drop In Fees (* indicates drop in only)

Group Fitness

R:\$9 / NR:\$10 / Member: \$6

Yoga Classes

\$11

Sue Garcia

\$14

Lisa Carbello

\$11

Lindsay Skarbek

\$11

Cycling

R:\$10 / NR:\$11 / Member: \$7