

A \$75 non-refundable deposit will hold your spot for any session!



**Oak Brook Racquet & Fitness Club**  
630-654-2442

**Pilates Studio Schedule for Fall 2008**  
9/1/08 – 11/21/08

www.obrhc.com

Mon	Tue	Wed	Thu	Fri	Sat	Sun
7:15 Linda	6:00 Mary			6:00 Mary		
8:15 Linda		8:30 Gina <i>SOLD OUT</i>	8:00 Linda		8:00	
9:15 Gina	9:00 Julie	9:30 Gina	9:00 Julie		11:00 1 <sup>st</sup> Saturday of Month 10:00 3 <sup>rd</sup> Friday of Month <b>Intro to Pilates \$15*</b> 5 basic principles and equipment orientation	
10:15 Gina	11:00 Julie	10:30 Kat	11:00 Julie			
	1:00 Gina	1:00 Sandi	1:00 Kat		<b>Ask about Privates, Duets, Trios...</b> Perfect your Pilates practice with more personal attention from your trainer. Progress faster and get a program designed especially for you.  <b>Partner Match</b> Interested in being paired with a partner for a duet? Interested in a time not offered? Call Gina to make your preferences known.	
		5:30 Sandi				
12 classes for the price of 11 to include built in make-up for a missed class. Member price is \$295. Non-member price is \$350. No class Labor Day.  Participants new to the reformer will need a one-hour private before joining a group class.  The group exercise director will coordinate your placement in the correct class.						
				7:00 Pilates for Couples		

