

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



Oak Brook Racquet & Fitness Club

Pilates Studio Schedule for Summer 2008

www.obrfc.com

May 26th – August 31st

Mon	Tue	Wed	Thu	Fri	Sat	Sun
	6:00 Mary			6:00 Mary		
7:15 Linda	7:00 Julie	7:30 Gina	7:00 Julie		8:00 Mary/Deanna Essential	
8:15 Linda Essential		8:30 Gina			11:00 1 st Saturday of Month 10:00 3 rd Friday of Month Intro to Pilates \$15* 5 basic principles and equipment orientation	
9:15 Linda	9:00 Julie	9:30 Gina	9:00 Julie			
		10:30 Kat			<p>Ask about Privates, Duets, Trios Perfect your Pilates practice with more personal attention from your trainer. Progress faster and get a program designed especially for you.</p> <p>Partner Match Interested in being paired with a partner for a duet? Interested in a time not offered? Call Gina to make your preferences known.</p>	
1:00 Sandi		1:00 Sandi Essential				
		5:30 Sandi Essential	<p>13 classes for the price of 11 include 2 make-ups - \$275 member, \$330 non-member. No classes July 1 – 7. New participants will have needed to complete Reform School or a series of privates before joining a continuing class. Classes not marked are continuing. Classes marked Essential for newer participants.</p>			

* \$15 fee can be applied toward first Pilates private