



Pilates Reformer Classes

June 14, 2010 -
Aug. 29, 2010

All classes are held in the Pilates Reformer Studio.

ACCEPTING PRIVATE, GROUP AND PARTNER CLIENTS.

Please Visit The Front Desk To Register.

MONDAY	10:00am - 11:00am	Intermediate	Deb V.
	4:00pm - 5:00pm	Beginner/Intermediate	Rachel C.
	5:30pm - 6:30pm	Beginner/Intermediate	Rachel C.
TUESDAY	8:00am - 9:00am	Beginner/Intermediate	Lorie B.
	6:30pm - 7:30pm	Beginner/Intermediate	Lorie B.
WEDNESDAY	6:00am - 7:00am	Intermediate	Deb V.
	4:00pm - 5:00pm	Beginner/Intermediate	Rachel C.
THURSDAY	6:30pm - 7:30pm	Beginner/Intermediate	Lorie B.
FRIDAY	6:15am - 7:15am	Beginner/Intermediate	Deb V.
	8:30am - 9:30am	Beginner/Intermediate	Lorie B.
	9:30am - 10:30am	Beginner/Intermediate	Rachel C.
	10:30am - 11:30am	Beginner/Intermediate	Rachel C.
SATURDAY	7:00am - 8:00am	Beginner/Intermediate	Rachel C.
	8:00am - 9:00am	Beginner/Intermediate	Rachel C.
SUNDAY	7:00am - 8:00am	Intermediate	Rachel C.
	8:00am - 9:00am	Beginner/Intermediate	Rachel C.



Sessions are scheduled four consecutive weeks. Please visit the Front Desk to register for a class.

Members: \$100 (four classes)
Nonmembers: \$180 (four classes)
\$35 daily drop in rate if class spaces are available.

Executive Director, John Oei
joei@lfh.org
847-535-7674

Fitness Director, Laura Bookman
lbookman@lfh.org
847-535-7103

Please view back for descriptions and prices.

www.lfhfc.com