



Pilates Reformer Classes

Nov. 21 – Feb. 5, 2012

MONDAY	10:00 am – 11:00 am	Deb
	4:00 pm – 5:00 pm	Rachel
	5:30 pm – 6:30 pm	Rachel
TUESDAY	10:00 am – 11:00 am	Loralee
	11:00 am – 12:00 pm	Loralee
	6:30 pm – 7:30 pm	Lorie
WEDNESDAY	6:00 am – 7:00 am	Deb
	4:00 pm – 5:00 pm	Rachel
THURSDAY	10:30 am – 11:30 am	Loralee
FRIDAY	8:30 am – 9:30 am	Lorie
	9:30 am – 10:30 am	Rachel
	10:30 am – 11:30 am	Rachel
SATURDAY	8:00 am – 9:00 am	Lorie
	9:00 am – 10:00 am	Lorie
SUNDAY	7:00 am – 8:00 am	Rachel
	8:00 am – 9:00 am – Pilates For the Back & Core	Rachel



PRICES FOR GROUP REFORMER SESSIONS: (Members)

1 – 9 Sessions: \$25.00 / Session
10 – 24 Sessions: \$23.75 / Session
25 + Sessions: \$22.50 / Session

\$45 / Non Member Single Session

****Private Pilates Sessions Available**

Fitness/Education Director, Lindsay Boeke
lboeke@lfh.org
847-535-7042

www.health-fitnesscenters.com