

2010

MIDTOWN TENNIS CLUB®

Group Pilates Training Program

SESSION DATES:**WINTER SESSION:**10 Weeks
Monday, February 1 –
Sunday, April 11**SPRING SESSION:**10 Weeks
Monday, April 12 -
Sunday, June 20
(No Classes May 31; Monday
classes meet for 9 weeks)**GROUP PILATES TRAINING:**

Midtown's Group Pilates Training is a comprehensive exercise method for strengthening the core, increasing body awareness and improving flexibility through the spine and lower back. Pilates strengthens and protects muscles and joints from injury. Students will learn progressive exercises that will increase core strength, develop proper breathing and correct posture.

Beginner Pilates (B): For students new to Pilates.

Beginner/Intermediate (B/I): Students who have just completed the Beginner Pilates session.

Intermediate Pilates (I): For students who have received training in basic Pilates principles and technique.

Intermediate/Advanced (I/A): Students must be approved by instructor to enroll.

Midtown reserves the privilege to group students based on previous Pilates experience.

SCHEDULE:**Mondays**9:00 am – 10:00 am (I)
11:00 am – 12:00 pm (B)
6:00 pm – 7:00 pm (B/I)
7:30 pm – 8:30 pm (B)**Tuesdays**7:00 am – 8:00 am (I/A)
9:00 am – 10:00 am (B/I)
12:00 pm – 1:00 pm (I/A)
4:00 pm – 5:00 pm (B)
6:00 pm – 7:00 pm (I)**Wednesdays**9:00 am – 10:00 am (I)
11:00 am – 12:00 pm (B/I)
6:00 pm – 7:00 pm (B/I)
7:00 pm – 8:00 pm (B)**Thursdays**7:00 am – 8:00 am (B/I)
9:00 am – 10:00 am (B/I)
4:00 pm – 5:00 pm (B)
6:00 pm – 7:00 pm (I)**Fridays**

10:00 am – 11:00 am (I)

Saturdays8:00 am – 9:00 am (I/A)
9:00 am – 10:00 am (I)
10:00 am – 11:00 pm (B/I)**Sundays**

11:00 am – 12:00 pm (B/I)

FEES:

	One Class Per Week	Two Classes Per Week
9 Week Session:	\$175.50	\$351.00
10 Week Session:	\$195.00	\$390.00

*Minimum three and maximum six students per class.

Group Pilates Training Registration Form: **WINTER** **SPRING**

Class day(s): _____ Time: _____

Name: _____ Membership #: _____

Address: _____ City: _____ State: _____ Zip: _____

Daytime Phone: _____ Evening Phone: _____

E-mail Address: _____

Previous Pilates experience: None Mat training Reformer training

Full payment must accompany registration form.

Charge my: Visa MasterCard AMEX Discover

Account # _____ Exp. _____

Enclosed class fee(s) \$ _____ (Checks payable to Midtown Tennis Club®)

Signature: _____ Date: _____

MIDTOWN TENNIS CLUB®

2020 W. Fullerton • Chicago, IL 60647 • phone (773) 235-2300 • fax (773) 235-3830