

2010 Group Reformer Training Program



be
active

SPRING SESSIONS

Spring 1 - March 29th – May 7th

Spring 2 - May 10th – June 18th

Midtown's Group Reformer Training Program is a comprehensive exercise method for strengthening the core, increasing body awareness and improving flexibility through the spine and lower back. Pilates, when done at least 2 times per week as recommended, strengthens and protects muscles and joints from injury. Students will learn progressive exercises that will increase core strength, develop proper breathing and correct posture. Midtown reserves the privilege to group students based on previous Pilates experience. **Without previous Pilates reformer experience, students must contact Fitness Director prior to enrolling in classes to arrange an orientation/evaluation with a minimum of three (3) private pilates sessions.**

Option A – Specific Class (es) option. Students may enroll in a specific class (es) for the entire session (2 make-up max in session). Class days/times are listed below.

1 Class per week.....\$120		2 Classes per week.....\$216	
Monday		10:30 a	Monday
Tuesday	6:00 a		Tuesday
Thursday	6:00 a	10:30 a	Thursday

Option B – Drop in option. Students who have previously attended group reformer classes at Midtown may drop into any of the above listed classes. Students must contact Fitness Director at least 24 hours prior to class to ensure availability. Member's account will be charged after each class taken. 24 hour cancellation policy applies. Fee: \$25 per class

Group Reformer Training Program Registration Form (please fill out completely)

Check one option: Option A day(s)time(s): _____ Option B: Account charged per class fee

Amt Charged: _____ Payment Method (circle one): House Cash/Check CC

Name: _____ Phone: _____ E-mail Address: _____

Previous Pilates experience: None (arrange for private sessions) Mat training Reformer

Signature: _____ Date: _____

MIDTOWN

1135 North Harlem Avenue, Oak Park IL 60302 708.848.5200