

Fall 2011

MIDTOWN

Group Pilates Reformer Program

SESSION DATES:**FALL I SESSION:**Tuesday, September 6th - Monday, November 14th**FALL II SESSION:**Tuesday, November 15th - Monday, January 30th
(No Classes Nov. 24 - Nov. 25 and Dec. 24 - Jan. 1
Thursday - Sunday classes meet 9 weeks)**Group Pilates Reformer Class:**

Midtown Pilates is a comprehensive exercise training 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 on the Tower Reformer that will correct posture, build muscular endurance, and improve flexibility.

Pilates Essentials (E): Students of all levels. This class will focus on the proper techniques of the Pilates Principles while strengthening the abdominal and spinal muscles.

Pilates Stretch and Tone (S/T): Students who have taken Pilates Essentials. This class incorporates more flexibility training throughout the Pilates Essential workout and more intermediate exercises may be introduced.

Pilates Flow: (F) Students who understand the Reformer repertoire. This class will focus on intermediate exercises at a flowing pace.

Pilates Power Challenge: (PPC): Students who have developed a strong foundation of the stabilizing muscles. This class offers more powerful, athletic movements for the whole body. The pace of this class is aggressive and more weight bearing exercises are introduced.

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

*Minimum three and maximum six students per class.

SCHEDULE:**Mondays**

9:00 am - 10:00 am (PPC)
10:00 am - 11:00 am (F)
11:00 am - 12:00 pm (E)
6:00 pm - 7:00 pm (F)
7:00 pm - 8:00 pm (E)

Tuesdays

7:00 am - 8:00 am (PPC)
9:00 am - 10:00 am (F)
12:00 pm - 1:00 pm (PPC)
6:00 pm - 7:00 pm (PPC)
7:00 pm - 8:00 pm (PPC)

Wednesdays

7:00 am - 8:00 am (S/T)
9:00 am - 10:00 am (E)
11:00 pm - 12:00pm (S/T)
6:00 pm - 7:00 pm (E)
7:00 pm - 8:00pm (S/T)

Thursdays

7:00 am - 8:00 am (F)
9:00 am - 10:00 am (F)
10:00 am - 11:00 am (S/T)
12:00 pm - 1:00 pm (F)
6:00pm - 7:00 pm (PPC)
7:00pm - 8:00 pm (F)

Fridays

9:00 am - 10:00 am (PPC)
10:00 am - 11:00am (F)

Saturdays

8:00 am - 9:00 am (PPC)
9:00 am - 10:00 am (E)
10:00 am - 11:00 pm (S/T)

FEES:

	<u>One Class Per Week</u>	<u>Two Classes per Week</u>
9 Week Session:	\$185.00	\$370.00
10 Week Session:	\$205.00	\$410.00

Group Pilates Training Registration Form:

 FALL I SESSION FALL II SESSION

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 Athletic Club®)

Signature: _____ Date: _____

For more information please contact Liz Chier at 773.235.2300 or liz.chier@midtown.com.

MIDTOWN
ATHLETIC CLUB®

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