


Registration starts 10/5/09 and ends on 10/22/09!!!

FOGLIA YMCA PEAK PILATES SCHEDULE

FALL II 2009

October 25th – December 19th

SMB = Spirit Mind Body Studio

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			8:15–9:15 AM Reformer I Lisa – SMB	9:30 – 10:30 AM Reformer II Lisa – SMB	8:30 – 9:30 AM Reformer I Karen – SMB
10:00–11:00 AM Reformer II Kay – SMB	10:15 – 11:00 AM Chair Sculpt Kaysi - SMB	10:00 – 11:00 AM Reformer I Karen – SMB	10:45–11:45 AM Reformer II Lisa – SMB		10:00 – 11:00 AM Reformer II Kay – SMB
				<p><u>Intro to Peak Pilates Workshop</u> Not sure what Peak Pilates is all about? This 2 hour workshop will introduce you to the MVe Reformer and MVe Chair.</p> <p>Thursday, December 3rd, 2009 6:00 – 8:00 PM</p> <p>&</p> <p>Sunday, December 13th, 2009 9:00 – 11:00 AM</p> <p>\$40 member/\$80 non-member (per workshop)</p> <p>Limited to 6 participants! Register Now @ Member Relations</p>	
5:00 – 6:00 PM Reformer I Karen – SMB	5:30 – 6:30 PM Reformer I Kay - SMB				
6:00 – 7:00 PM Reformer II Karen – SMB		7:00–8:00 PM Reformer II Lisa - SMB			
PLEASE NOTE THAT CLASSES & TIMES ARE SUBJECT TO CHANGE DUE TO PARTICIPATION					

MOVE WITH MVe

Build strength, flexibility and endurance with this innovative workout. Pilates, cardio and strength elements are combined to create a total body experience.



For more information please contact Kaysi Ford (Group Exercise Coordinator)
 Phone: (847) 410-5366 Email: kaysi_ford@ymcachgo.org

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CLASS DESCRIPTIONS

MVe is Maximum Versatility Exercise. MVe workouts take Pilates to a new level by adding tantalizing, heart-pumping, music-driven, Pilates-evolved cardio, toning, and conditioning programming to your workout regimen.

Reformer I: An ideal entry level workout designed for all fitness levels and abilities, this workout combines beginning Pilates reformer exercises with stretches and postural patterns.

Reformer II: Delivers the Pilates experience in a fun and balanced fitness workout that is perfect for intermediate to advanced participants. An effective fusion of beginning Reformer exercises with traditional weight exercises, teaching participants to work from their core and gain new body awareness and definition.

Chair Sculpt: This 45-minute balanced workout offers a total body experience perfect for the beginner & advanced practitioner alike. Workout consists of core stabilization & strengthening and toning & polishing the muscles of the arms and legs for a sculpted look. Sculpt delivers the Pilates experience in a whole new way. Incorporates the use of dumbbells.

PRICING (8 WEEK SESSION)

Reformer: 1 class/week=\$200 Member/\$400 Program Member
2 classes/week=\$400 Member/\$800 Program Member

\$25/class

Chair Sculpt: 1 class/week=\$120 Member/\$240 Program Member
2 classes/week=\$240 Member/\$480 Program Member

\$15/class



REGISTER @ MEMBER RELATIONS!

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