



Pilates Reformer Classes

June 14th, 2010 –
Aug. 29 2010

All classes are held in the Pilates Reformer Studio.

ACCEPTING PRIVATE, GROUP & PARTNER CLIENTS. Please visit the front desk to register.

MONDAY	10:00 am – 11:00 am	Intermediate	Deb V.
	4:00 pm – 5:00 pm	Beginner /Intermediate	Rachel C.
	5:30 pm – 6:30 pm	Beginner/Intermediate	Rachel C.
TUESDAY	8:00 am – 9:00 am	Beginner/Intermediate	Lorie B.
	6:30 pm – 7:30 pm	Beginner/Intermediate	Lorie B.
WEDNESDAY	6:00 am – 7:00 am	Intermediate	Deb V.
	4:00 pm – 5:00 pm	Beginner/Intermediate	Rachel C.
THURSDAY	6:30 pm – 7:30 pm	Beginner/Intermediate	Lorie B.
FRIDAY	6:15 am – 7:15 am	Beginner/Intermediate	Deb V.
	8:30 am – 9:30 am	Beginner/Intermediate	Lorie B.
	9:30 am – 10:30 am	Beginner/Intermediate	Rachel C.
	10:30 am – 11:30 am	Beginner/Intermediate	Janet S.
SATURDAY	7:00am – 8:00 am	Beginner/Intermediate	Lorie B.
	8:00am – 9:00am	Beginner/Intermediate	Lorie B.
SUNDAY	7:00 am – 8:00 am	Intermediate	Rachel C.
	8:00am – 9:00 am	Beginner/Intermediate	Rachel C.



Sessions are scheduled four consecutive weeks.
Please visit the Front Desk to register for a class.

Members \$100 (four classes) Nonmembers: \$180 (four classes)
\$35 daily drop in rate if class spaces are available.

Private Pilates training sessions are available.

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

www.lfhfc.com