



>> All sessions are by appointment only and can only be scheduled/reserved after the package has been purchased.



■ Cancellations

All sessions must be cancelled 24 hours in advance to the time of the appointment, otherwise the session will be charged to the members' account or package. We regret to enforce this policy strictly, however, it is a courtesy to our instructors who are compensated on a per client basis. Exceptions may be made in extreme circumstances at the discretion of the instructor or Coordinator. All sales are final. No refunds and no transferals of packages. 12 pack sessions expire in 6 months, all other packages expire in 3 months.



PILATES

at Illinois Center

For more information

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PILATES FOR YOU



■ Welcome

The Pilates (pi-LAH-teez) Method, a system of exercises practiced in the United States since the 1920's was developed by Joseph H. Pilates, a boxer and gymnast who also studied yoga and martial arts.

The Pilates Method aims to create a high degree of abdominal strength, musculoskeletal flexibility and breath control by utilizing more than 500 controlled, precise movements and exercises encompassing both specialized Pilates equipment or a padded mat floor.

■ Immediate Results

As Joseph Pilates himself stated more than 70 years ago: "In 10 sessions you'll feel the difference, in 20 sessions you'll see the difference, and in 30 sessions you'll have a different body." The Pilates Method emphasizes musculoskeletal balance and symmetry and focused breathing to help flatten the stomach, tone the inner thighs and make the upper body and back lean and strong. Posture can be improved and the grace and fluidity of total body movement can be enhanced, whether one's background is in dance, martial arts or competitive sports.



■ Pilates for You

The Pilates Method on equipment is taught either one-on-one or in duets. The Pilates Studio at Lakeshore features a fully equipped studio with a Cadillac, Reformers, Wunda Chair and Ladder Barrel. Programs are hand-tailored to the individual's fitness needs, whether the goal is for sports performance, strength and flexibility improvement or a combination thereof. Improvement in strength, flexibility, balance and concentration are developed through simple to challenging exercises designed to lengthen the body and musculature and decompress the spine while increasing muscle definition and endurance.

■ Private Sessions

55-minute sessions with you and an instructor on equipment, props and mat.

Private single session	\$83
Private 6 pack	\$468
Private 12 pack	\$888

■ Duets

55-minute session with 2 members and one instructor. It is recommended to complete at least 2-3 private sessions first before training with a partner, depending on a member's experience with Pilates equipment. You must provide your own partner and both must be available to train at the same time. Price is for total package cost.

Duet single session	\$123
Duet 6 pack	\$696
Duet 12 pack	\$1320

■ Small Groups

55-minute sessions on the Reformer or EXO Chair, with a minimum of 3 and maximum of 6 participants and one instructor. Just like semi-private sessions, it is recommended that each participant has completed at least 2-3 private sessions, depending on participant experience.

Small groups are a class format, run for 6 weeks, with the seventh week free. Class times will be held the same day and time each week, allowing for participant consistency. There will be no exceptions for make-up times outside of the seven week period due to the small class size and class slots being reserved at the time of session purchase.

Price is per person (minimum class size of 3).

Single Group Session	\$41
Small Group Class Package (7-weeks)	\$216
Duet Class Package (7-weeks)	\$324

>>> continued on the back