

PILATES *Summer 2010 Session*

AT LAKESHORE—ILLINOIS CENTER

- Come see what we have to offer at
- Chicago's Premier Health, Fitness
- and Lifestyle Club

**MONDAY, JUNE 28TH
STARTS NEXT 4 WEEK CYCLE**



Mondays

5:30-6:30 pm Elizabeth **New** Reformer (Beginner)
6:30-7:30 pm Elizabeth **New** Reformer (INTRO)

Tuesdays

5:30-6:30 pm Deidra Reformer (Int./Adv.)
6:30-7:30 pm Deidra Muscle Tone/Small Acc/Equip

Wednesdays

8:00-9:00 am Todd Reformer (Mixed)
6:30-7:30 pm Mary Reformer (Beg./Int.)

Thursdays

7:00-8:00 am Elizabeth INTRO
5:30-6:30 pm Elizabeth Exo Chair Class (Pre-req) **New**
6:30-7:30 pm Elizabeth Reformer (Beg./Int.) **New**

Fridays

12:00-1:00 pm Deidra Reformer/Tower (Mixed)

Saturdays

11:15 am-12:15 pm Mary Reformer (Mixed)
12:30-1:30 pm Mary Reformer (Mixed)

Classes began Monday May 3rd, 2010 and are ongoing through Monday August 23rd, 2010 (for those in 12 or 16 week who missed Monday 5/31 - Memorial Day).

Options for 4 week or 8 week from Monday June 28th through Saturday August 21st forward (see below).

One must sign up for a particular class/time/instructor and must make up within the 4 or 8week time span any classes missed.

Buy all 8 weeks up front – and look at the discount you receive – as a true Pilates Addict!

	One class/wk:	Two classes/wk:	Three classes/wk:
4 week	\$139 *4 classes	\$250 *8 Classes (10% off!)	\$355 *12 Classes (15% off!)
8 week	\$240 *8 classes	\$408 *16 Classes (15% off!)	\$576 *24 Classes (20% off!)

No refund option for any of the above

(but you won't need one, with your Pilates-for-Life addiction!)

Rather try a private Pilates session with Mary Burn, the Pilates Director, or one of the other instructors? Simply email Mary at Mary.Burns@LakeshoreAthleticClubs.com or call ext 213! We will arrange a time immediately!

Class Descriptions >>>



Illinois Center | 211 North Stetson | Chicago | 312.616.9000 | www.LSAC.com

Class Descriptions:

Reformer/Tower class - NEW CLASS!

A group class utilizing a combination of Pilates Reformer exercises in conjunction with Tower workshop exercises to further challenge stability and alignment while strengthening all peripheral ranges of motion in upper and lower limbs! The Tower expands the options of a reformer class into a complete reformer, half-trapeze and mat system - and just wait until the challenges Deidra offers you in class weekly!

Muscle Tone/Isolation Small Accessory/ Equipment class - NEW CLASS!

A group class utilizing a combination of Pilates equipment, props and accessories to get you moving, keep your core strong, and increase overall flexibility! Both traditional Pilates equipment such as the Reformer, Tower and Chair will be combined w/foam rollers, BOSU balls, hand weights, resistance bands, & the Magic Circles to give you a complete, effective overall workout!

Exo Chair Class - NEW CLASS!

Pilates Equipment experience is a pre-requisite for this class. You must have taken a minimum of 3-5 private sessions or at least one 7-week group reformer class - for this one is a challenge!

Reformer Class

A group class utilizing a combination of Pilates Reformer exercises in conjunction with Tower and chair work at more advanced levels.

Reformers are by far the most popular piece of Pilates equipment. With its system of springs and ropes, a Reformer provides both resistance and assistance to the exercises; but assistance in a manner of utilizing the correct muscle groups - thereby making the challenge greater for all! This expands the variety of exercises offered & allows instructors a range of adaptability for each student in class - all challenged for sure!

PILATES : Summer 2010 : Session



Deidra



Mary



Elizabeth



Todd

Mary Burns Pilates Manager & Instructor, Personal Trainer:

- Certifications: Body Arts Science Institute (BASI) Full apparatus Pilates Certification; Pilates for the Dancer specializations (BASI); Pre/Post Natal Pilates; Dance: Evans/Bartenieff Fundamentals & Simonson technique.
- Education: New York University: Ph.D. Dance Education; Teachers College, MA in Dance Education and Barnard College, BA Program in the Arts/Dance, Economics Minor; both Columbia University of NYC.
- Specialties: Pilates, Personal Training & Dance for all ages, technique levels, post-rehabilitation & injury prevention for athletes, dancers, and everyday humans
- Her commitment to the art of teaching anatomically correct human movement for over 20 years has helped her develop unique programs for each and everyone - from professional dancer to professional grandparent - Mary is the instructor for all!

Deidra Cowan Pilates Instructor:

- Pilates Certification - Core Pilates NYC Comprehensive Training Course.
- Education - Purdue University, BA Communications/Public Relations.
- Specialties: Pursuit of Continuing Ed in Pre/Post natal & Cancer patients/survivors
- Professionally trained & certified dancer with over four years of research in brands & communications.
- Using her own Pilates practice as a basis, Deidra is excited to guide clients through Pilates to help them achieve their fitness goals. Her own experience has shown her the vast physical and mental benefits of adding Pilates to your fitness repertoire, and she hopes to bring this to her clients in each session. She looks forward to working with her clients to find the right formula, whether it be focused on rehabilitation from injury or simply fitting into their favorite jeans!

Todd Rhoades Pilates Instructor:

- Certifications: Physical Mind Institute Pilates, Ashtanga Yoga, Anusara Yoga
- Education: Point Park University, B.F.A. Dance; dances professionally for Lyric Opera of Chicago, Chicago Opera Theater.
- Specialties: Pilates & Yoga for all fitness levels, post-rehabilitation and injuries.
- From his own personal practice & working with many individuals, Todd has integrated many styles of yoga & movement therapies into his instruction. He makes certain that his clients discover their own body & their unique way of movement. Todd brings his experience of visualization & imagery to his sessions, making it a fun & creative atmosphere to all who work w/him!
- Named on of the ten hottest "Flex Symbols" by Time Out Chicago Magazine. January 2009

Elizabeth Shy - Our New Pilates Instructor - Welcome!

- Certifications: Core Pilates NYC Comprehensive Training Program
- Education: University of Iowa: Dance Major
- Specialties: Pursuit of both teaching and Performance in Ballet - currently Company member and Instructor at Ballet Chicago in multiple levels/ages of ballet classes as well as Pilates Mat Instructor for the aspiring dancers of the school and company of Ballet Chicago. Pilates Instructor across the Windy City since her beginning mat certification in 2005.

FOR MORE INFORMATION
CONTACT MARY BURNS, PILATES DIRECTOR AT
312.616.1087 X 213
OR MARY.BURNS@LAKESHOREATHLETICCLUBS.COM

