

TFC Pilates Mixer



Mind Body Training meets Contemporary Fitness. You'll experience a blending of Essential and Intermediate STOTT PILATES Mat Work and STOTT PILATES Equipment exercises, including those performed on our STOTT PILATES Chairs, Barrels, and Reformer. You'll also explore some Functional Training at the Barre, on the Floor, and incorporate usage of trendy tools such as Ther-a-bands, Weighted Balls, TRX suspension trainers, TRX Rip Trainers, along with HALO's and Stability Balls.

The goal of this class experience is to sample a variety of strength/stability/mobility/coordination exercises while maintaining optimal posture and alignment, balance, and proper breathing at a pace that permits control. Each Class will be taught by Certified STOTT PILATES Instructors, and veterans in the field of Fitness Leadership and Movement Specialties. Modifications to exercises are instructed as needed. One should enjoy the camaraderie of classmates in a pleasant, open and airy space downstairs in our Group Studio along with musical accompaniment. Best of all, are the **RESULTS!**

“Intelligent Training – Profound Results”

The Tennis and Fitness Centre, 301 Lake Street, Oak Park, IL 60302, # 708/386-2175, TENandFiT.com

Registration Notes: Small Group Sessions (5-8 participants) and Private Instruction (1-4 participants) are available. All Class Participants must register prior to each class at the Customer Service Desk, or by calling # (708)386-2175. Classes generally run continuously throughout the year with some exceptions (holidays, instructor travel and/or illness and emergencies). Please call to confirm classes weekly, and remember to check-in at Customer Service Desk each time you attend class. *Thank you.*

Small Group Fee Schedule (5-8 Participants)

TFC Member Price: Single Class	TFC Member Price: 6-Class Series*	Guest Price: Single Class	Guest Price: 6-Class Series*
\$25/Person Drop-In Fee	\$120/Member (\$20/Class)	\$30/Person Drop-In Fee	\$150/Guest (\$25/Class)

Current class times

Monday	Tuesday	Saturday
10:00 – 11:00am Laurie	9:30 – 10:30am Anja	7:00 – 7:55am Laurie
10/30, 11/6, 11/13, 11/20, 11/27, 12/4	10/10, 10/17, 10/24, 10/31, 11/7, 11/14 <i>*no class 11/21</i>	10/28 11/4 11/11 11/18 12/2 12/9 <i>*no class 11/25</i>

*Please check Customer Service Desk for subsequent Dates and Times or e-mail Fitness Director Laurie Berggren at LaurieB@TENandFiT.com or Anja Munch at AnjaM@TENandFiT.com Thanks.

Private Instruction Fee Schedule (1-4 Participants)*

“Solo Session”	Single Class : \$70/Person	10-Class Series: \$650/Person (\$65/class)
“Duo Session”	Single Class: \$45/Person	10-Class Series: \$400/Person (\$40/class)
“Trio Session”	Single Class: \$40/Person	10-Class Series: \$350/Person (\$35/class)
“Quad Session”	Single Class: \$35/Person	10-Class Series: \$300/Person (\$30/class)

*Guests will incur a \$5 Guest Fee per class upon check-in. If a class is missed, the Guest Fee will not be incurred that day. Private Sessions are to be scheduled directly with Professional Pilates Staff. Please check Customer Service Desk for Pro Staff Contact Information or email Fitness Director Laurie Berggren at LaurieB@TENandFiT.com Thanks.

Come Experience STOTT PILATES... You'll LOVE IT!!

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