

**Schedule
Starting
June 2nd**



Pilates Reformer Classes

**Four Seasons II Health Club
2401 Airport Road, Bloomington, IL 61704**

Monday	Tuesday	Wednesday	Thursday	Friday
6:30am <i>Kristen</i>	6:30am <i>Kristen</i>			6:30am <i>Kristen</i>
	9:00am <i>Lori</i>		9:00am <i>Lori</i>	
5:30pm Carol	5:30pm <i>Carol</i>			
6:30pm <i>Anne</i>				

Pilates Reformer classes are purchased in packages based on number of classes. There are three package options:

Reformer 1: 4 classes (\$15 each) for **\$60**

Reformer 2: 8 classes (\$12 each) for **\$96**

Reformer 3: 12 classes (\$10 each) for **\$120**



Walk-in's are **\$15/class** and are at the discretion of the Trainer based on availability. Classes may be canceled due to low participation. No refunds will be issued except for medical reasons approved by the Program Manager. Please ask the front desk for a complete list of Pilates Reformer policies.

Updated 5/11/2016

CORE: The central, innermost, or essential part of anything.

The Pilates Reformer program at Four Seasons offers all the famous benefits of Pilates including overall strength, flexibility, coordination, and balance. Reformer results include flat abs, strong backs, toned buttocks and thighs that are essential for a strong core. Using the unique Pilates Reformer equipment creates muscle isolation within a varied exercise environment.

"Reformer classes (at Four Seasons) have helped me find my core again, increased my strength and flexibility. The instructors tailor the classes to fit the participants' needs and improve problem areas. The classes are challenging and enjoyable!"

~Four Seasons Member Annie Holdren

Take your workout to a new level by enrolling in our Pilates Reformer program. Our instructors are certified Personal Trainers who also have Pilates Reformer Instructor certifications. See fast results and stay motivated under the guidance of our qualified instructors and top-notch equipment!

The Pilates Reformer is becoming a key component to many rehabilitation clinics, as more and more professionals such as physical therapists, chiropractors and osteopaths incorporate the Pilates approach as complementary to their specialties

For more information on how to receive a **FREE Demo on the reformer**,
please contact *Shelby Dietz at (309) 661-8611 ext. 235 or Shelby@4seasons-club.com*

