



strengthen · lengthen · excel

PILATES REFORMER

	Monday	Tuesday	Wednesday	Thursday	Friday
5:15 AM - 6:15 AM			SLX fusion Lori		
6:00 AM - 7:00 AM		SLX POWER Kristen			SLX fusion Kristen
6:30 AM - 7:30 AM	SLX POWER Kristen		SLX fusion Kristen		
9:00 AM - 10:00 AM		SLX flow Lori		SLX flow Lori	
5:30 PM - 6:30 PM	SLX fusion Carol	SLX Open Studio Carol	SLX fusion Carol		
6:30 PM - 7:30 PM	SLX POWER Anne	SLX POWER Carol	SLX Open Studio Carol		

What is SLX?

SLX is a challenging, yet feel-good fitness experience that utilizes Pilates Reformer machines to create a unique workout that allows you to **Strengthen** and **Lengthen** your entire body! You will **eXcel** as you increase your core strength, improve your flexibility and enhance your posture! SLX is located at Four Seasons II.

SLX Classes

SLX classes can be purchased as a single class or a package.

- Single Class = \$15
- Package Options:
 - SLX-Bronze (4 classes) = \$60
 - SLX - Silver (8 classes) = \$96
 - SLX-Gold (12 classes) = \$120

Private, Semi-Private & Non-member sessions/packages also available. See the Front Desk for more information on how to sign up today!

Find the SLX style that fits you!

SLX POWER A powerful, upbeat, interval style workout

SLX fusion Powerful movements mixed with flowing sequences

SLX flow Physically challenging with a mind/body connection

SLX Open Studio

SLX Open Studio is a time for you to come in and do your thing under the supervision of our experienced instructors who will provide daily warm-ups and challenges! *Participants must have purchased and completed a class package before attending an Open Studio.*

- Single Open Studio = \$9
- SLX Open Studio Bronze (4 Classes) = \$28

For a **FREE Demo Class** or more information, please contact
Shelby Dietz: (309) 661-8611 ext. 235 or Shelby@4seasons-club.com.

