

PILATES REFORMER

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

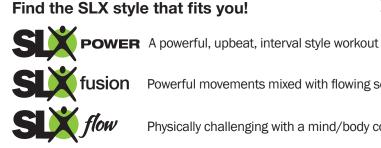
SLX Classes

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!



Powerful movements mixed with flowing sequences

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.