


Registration starts 2/1/10 and ends on 2/15/10!!!

## FOGLIA YMCA PEAK PILATES SCHEDULE

SPRING I 2010

February 21<sup>st</sup> – April 17<sup>th</sup>

SMB = Spirit Mind Body Studio

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	8:30 – 9:30 AM Chair I Kaysi - SMB		8:15–9:15 AM Reformer I Lisa – SMB		
10:00–11:00 AM Reformer II Lisa – SMB		10:00 – 11:00 AM Chair I Karen – SMB	10:45–11:45 AM Reformer II Lisa – SMB	9:00 – 10:00 AM Reformer I Lisa – SMB	10:00 – 11:00 AM Reformer II Kay – SMB
				<p><b><u>Intro to Peak Pilates Workshop</u></b>                      Not sure what Peak Pilates is all about?                      This 2 hour workshop will introduce you                      to the MVe Reformer and MVe Chair.  <b>Sunday, March 14<sup>th</sup>, 2010</b>  <b>9:00 – 11:00 AM</b>                      &amp;  <b>Tuesday, March 23<sup>rd</sup>, 2010</b>  <b>6:00 – 8:00 PM</b>                      \$40 member/\$80 non-member                      (per workshop)                      Limited to 6 participants!  <b>Register Now @ Member Relations</b></p>	
5:00 – 6:00 PM Chair I Karen – SMB					
6:00 – 7:00 PM Reformer II Karen – SMB		7:00–8:00 PM Reformer II Lisa - SMB			
PLEASE NOTE THAT CLASSES & TIMES ARE SUBJECT TO CHANGE DUE TO PARTICIPATION					

# MOVE WITH MVe

Build strength, flexibility and endurance with this innovative workout. Pilates, cardio and strength elements are combined to create a total body experience.



For more information please contact Kaysi Ford (Group Exercise Coordinator)  
 Phone: (847) 410-5366 Email: [kaysi\\_ford@ymcachgo.org](mailto:kaysi_ford@ymcachgo.org)

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## CLASS DESCRIPTIONS

*MVe is Maximum Versatility Exercise. MVe workouts take Pilates to a new level by adding tantalizing, heart-pumping, music-driven, Pilates-evolved cardio, toning, and conditioning programming to your workout regimen.*

**Reformer I:** An ideal entry level workout designed for all fitness levels and abilities, this workout combines beginning Pilates reformer exercises with stretches and postural patterns.

**Reformer II:** Delivers the Pilates experience in a fun and balanced fitness workout that is perfect for intermediate to advanced participants. An effective fusion of beginning Reformer exercises with traditional weight exercises, teaching participants to work from their core and gain new body awareness and definition.

**Chair I:** With MVe's four levels of resistance intensity built right into the Fitness Chair, it opens up a new way to move that motivates, challenges, & accommodates all fitness levels. Designed to stretch & strengthen muscle groups that traditional techniques and equipment can't reach.

## PRICING (8 WEEK SESSION)

**Reformer I & II:** 1 class/week=\$200 Member/\$400 Program Member  
2 classes/week=\$400 Member/\$800 Program Member

\$25/class

**Chair:** 1 class/week=\$160 Member/\$320 Program Member  
2 classes/week=\$320 Member/\$640 Program Member

\$20/class



**REGISTER @ MEMBER RELATIONS!**

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