

Pilates Personal Training on the Reformer

Looking for a new exercise routine? **TRY PILATES!**

A certified Pilates instructor will work with you to show you how to safely increase your strength and endurance while working the deep intrinsic muscles of the core. Pilates is a non-impact, full-body exercise that helps coordinate mind, body and breath.

This opportunity is exclusively available at the Village of Orland Park Sportsplex.

PRIVATES	1 Session	5 Sessions	10 Sessions	20 Sessions
Member	\$43.00	\$190.00	\$350.00	\$ 660.00
Resident	\$48.00	\$215.00	\$400.00	\$ 760.00
Non-Res.	\$72.00	\$335.00	\$640.00	\$1240.00
DUOS (PER PERSON)				
Member	\$25.00	\$100.00	\$170.00	\$320.00
Resident	\$30.00	\$125.00	\$220.00	\$420.00
Non-Res.	\$45.00	\$187.50	\$330.00	\$630.00
TRIOS (per person)				
Member	\$20.00	\$ 75.00	\$120.00	\$220.00
Resident	\$25.00	\$100.00	\$170.00	\$320.00
Non-Res.	\$37.50	\$150.00	\$255.00	\$480.00

Personal Training Policy

It is important to begin and end Personal Training sessions on time in order to maintain the schedule of members and trainers. Canceling an appointment a minimum of 24-hours in advance is appreciated and will allow trainers to keep their appointments with other clients. **Failure to cancel with a 24-hour advance notice will result in the client being charged for the session. Sessions expire one-year after purchase.**

Thank you for your cooperation.



**CONTACT
DEBORAH AT
(708) 403-6285
TO SCHEDULE
SESSION(S).**

