

➤ PILATES JUMP REFORMER

Looking to boost your routine and kick it up a notch? Our brand new jump boards will be used to add in plyometric sports performance training on the reformer.

➤ CARDIO REFORMER PILATES

Get your heart rate pumping while doing our cardio Pilates class. Participants will do intervals of cardiovascular training, flexibility, and strength exercises on the reformers and treadmills. Come enjoy an exhilarating workout.

➤ PILATES REFORMER GROUP TRAINING

Pilates is a non-impact, full-body exercise that works the deep intrinsic muscles of the core and helps coordinate mind, body, and breath. The exercises are performed on mats or specialized equipment to strengthen muscles, flexibility, and improve coordination. New participants must take a beginner class or five private classes before enrolling in another class.

For more information regarding the dates and times Pilates classes are offered at the Sportsplex, please contact Deborah Geghen at 708.403.6285 or dgeghen@orland-park.il.us, or visit our website at www.orlandpark.org.

NOTE: Participants registering for an Intermediate class should have instructor's approval or taken at least five previous sessions.



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WWW.ORLANDPARK.ORG | 708.645.PLAY



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MORE TO PILATES THAN THE AVERAGE WORKOUT

Pilates equipment has many benefits promoting length, strength, flexibility and balance. It provides relief from pain caused by muscle imbalances and strengthens smaller muscles in athletes that weight training doesn't reach, improving endurance and performance. The Pilates reformer, tower, and chair can improve one's daily quality of life.

"I have been taking Pilates Reformer at Sportsplex for almost 2½ years. The ab workouts have done wonders for me and my flexibility has improved tremendously. I am a runner and Pilates has greatly improved my running skills."

—ROBERT DIPPOLD

► PILATES PERSONAL TRAINING ON THE REFORMER, TOWER, & CHAIR

Looking for a new exercise routine? A certified instructor will work with you to show you how to safely increase your strength and endurance thru the unique Pilates training sessions. This opportunity is exclusively available at the Sportsplex. We offer a free 20 minute Pilates Reformer trial session. Duo and Trio Pilates Personal Training also available at reduced rates.

	MEMBER	RESIDENT	NON-RESIDENT
1 SESSION	\$43.00	\$48.00	\$72.00
5 SESSIONS	\$190.00	\$215.00	\$335.00
10 SESSIONS	\$350.00	\$400.00	\$640.00
20 SESSIONS	\$660.00	\$760.00	\$1240.00



If you would like a certified personal trainer to contact you to discuss your health and fitness needs and to see if Pilates is for you, please complete this form and return it to the Sportsplex.

NAME: _____

PHONE: _____

EMAIL: _____

Classes I am interested in *(please check all that apply)*:

- ☐ PILATES JUMP REFORMER
- ☐ CARDIO REFORMER PILATES
- ☐ PILATES REFORMER GROUP TRAINING
- ☐ PILATES PERSONAL TRAINING
 - ☐ INDIVIDUAL ☐ DUO ☐ TRIO

