

GYROTONIC®

GYROTONIC® incorporates key principles of gymnastics, swimming, ballet and yoga. Major muscle groups are worked together in an integrated manner using fluid, circular movements. Specially designed exercise equipment provides free range of movement and enhances coordination, strength and flexibility. The body is supported by the equipment, either in lying or sitting positions, as the participant moves through a series of rhythmic, low-impact exercises. The motion patterns are natural, with no interruption, creating a bridge between contraction and extension through the rotating movement of the joints.

GYROTONIC® uses three main pieces of equipment, the Pulley Tower®, the Jump-Stretching Board® and the Ladder®. The Pulley Tower® emphasizes multiple joint articulations without compression, thus strengthening ligaments and attachments. The Jump-Stretching Board® works the body in a way that does not restrict natural movement, as does most linear exercise equipment, but rather enhances it. The Ladder® is used for extraordinary shoulder and chest opening exercises as well as back strengthening and lengthening movements.

GROUP GYROTONIC® FOR GOLFERS

Session I: March 10 - April 17
Session II: May 5 - June 12
Session III: June 30 - August 7

GYROTONIC® targets the four points of rotation used in golf: ankles, hips, mid-back/thoracic spine and shoulders. We will use the Pulley Tower® to emphasize joint articulation and strengthen ligaments key to the movements in golf. Participants will be guided through exercises that increase range of motion and develop the coordination of muscles specific to the game of golf. To register, contact Director of Pilates and GYROTONIC® Tim Lester at extension 364.

Mondays 6 - 6:55 p.m.
Tuesdays 8 - 8:55 a.m.
Wednesdays 1 - 1:55 p.m.
Wednesdays 2 - 2:55 p.m.
Thursdays 8 - 8:55 a.m.
Thursdays 1 - 1:55 p.m.

\$240 per six-class session
Pilates and GYROTONIC® Studio

GYROTONIC® PRIVATE SESSIONS

Private GYROTONIC® sessions can relieve muscle stress and leave you feeling invigorated and more aware of your whole body. After a few weeks of training, you will likely feel a pronounced difference in strength as well as ease and efficiency of movement.

\$60 per 55-minute session

GYROKINESIS® GROUP CLASSES

Session I: March 10 - May 4
Session II: May 5 - June 29
Session III: June 30 - August 24

GYROKINESIS®

GYROKINESIS® is similar to GYROTONIC®, but no equipment is needed. This methodology incorporates many key principles of yoga, dance, gymnastics and tai-chi. GYROKINESIS® works the entire body through seven natural elements of spinal movement as well as other joint articulation. This training elongates the musculature and shapes the body; strengthens and tones the abdominal muscles; articulates the spine; develops greater mobility in the joints; improves balance, coordination and neuromuscular control; and increases stamina with minimal impact to the joints.

Sundays, 9 - 10 a.m.

\$95 per eight-class session
Studio 5

GYROKINESIS® for Athletes

This new class combines the fundamental principles of GYROKINESIS® with work on speed, repetition and balance. Participants will begin to move with more fluidity and power, increasing overall athletic performance.

Sundays, 2 - 3 p.m.

\$95 per eight-class session
Studio 5

500 North Kingsbury Street / Chicago, Illinois 60610
Telephone: (312) 527-5800 / Fax: (312) 527-5666
Reservation Desk: extension 222 / Pilates: extension 364
www.eastbankclub.com

EAST BANK CLUB | PILATES AND GYROTONIC®

MARCH - AUGUST 2008

GENERAL INFORMATION

To schedule a private lesson or register for a group class, please contact the Reservation Desk at (312) 527-5800, extension 222.

Sessions can be booked up to 14 days in advance. There is a 24-hour cancellation policy for all appointments.

We recommend wearing form-fitting, comfortable clothing. Socks are recommended.

For additional information, please contact Director of Pilates and GYROTONIC® Tim Lester at (312) 527-5800, extension 364 or tlester@eastbankclub.com.

PILATES

Pilates differs from many traditional exercise programs, as it focuses both on strengthening weak muscles and stretching tight areas. It is designed to stretch, strengthen, and balance the body, particularly the abdomen and back, improving posture, mobility, and flexibility. Bone density and joint health improve with a Pilates program. Lung capacity is increased through the deep, healthy breathing that is a primary focus of Pilates.

With systematic practice of specific exercises coupled with focused breathing patterns, Pilates has proven invaluable not only as a fitness endeavor, but also as an important adjunct to professional sports training and physical rehabilitation of all kinds.

PILATES PRIVATE & SEMI-PRIVATE SESSIONS

Pilates sessions are individually tailored, challenging each client to attain their full potential. Clients follow a system of exercises using various apparatuses such as mats, reformers, chairs, Cadillacs, barrels, magic circles and ped-o-pulls.

Choose semi-private lessons to work out with a partner for a social alternative to private lessons. Semi-private lessons work best when partners have similar levels of experience. If you do not have a partner, we can match you with someone who has your same needs and goals.

Private: \$60 per 55-minute session

Semi-private: \$80 per 55-minute session (\$40 per person)

PILATES GROUP CLASSES

Session I: March 10 - May 4

Session II: May 5 - June 29

Session III: June 30 - August 24

- Registration is based on a lottery system. Lotteries are held one week prior to the start of the session.
- Classes will not meet July 4; sessions will be prorated.

Pilates Group Reformer Class

This class is designed for those who have taken at least five private Pilates sessions. Exercises enhance core strength, mind/body awareness, and spinal/muscular flexibility. These classes have a maximum enrollment of six participants.

Mondays	10-10:50 a.m.
Mondays	11 - 11:50 a.m.
Mondays	noon - 12:50 p.m.
Tuesdays	7 - 7:50 a.m.
Tuesdays	noon - 12:50 p.m.
Tuesdays	1 - 1:50 p.m.
Tuesdays	7:30 - 8:20 p.m.
Wednesdays	noon - 12:50 p.m.
Wednesdays	1 - 1:50 p.m.
Wednesdays	5:30 - 6:20 p.m.
Wednesdays	6:30 - 7:20 p.m.
Thursdays	noon -12:50 p.m.
Fridays	noon -12:50 p.m.
Saturdays	9 - 9:50 a.m.
Saturdays	noon - 12:50 p.m.
Sundays	10 - 10:50 a.m.

\$200 per eight-class session

Studio 5

Pilates Beginner Group Reformer Class

These classes are a great opportunity to discover the benefits of Pilates. The pace is moderate yet challenging and will tone and lengthen muscles, strengthen the core and provide an invigorating total body workout. These classes have a maximum enrollment of six participants.

Mondays	8 - 8:50 a.m.
Tuesdays	2 - 2:50 p.m.
Tuesdays	6:30 - 7:20 p.m.
Thursdays	6:30 - 7:20 p.m.
Saturdays	10 - 10:50 a.m.
Saturdays	1 - 1:50 p.m.

\$200 per eight-class session

Studio 5

Pilates Progressive Mat Class

Progressive mat classes have all the benefits of group classes and are tailored to the individuals' needs. Our Pilates instructors will watch for proper alignment, make adjustments to posture and provide personal modifications. The six-week progression of workouts allows participants to build their strength and knowledge to achieve their goals.

Thursdays 5:30 - 6:20 p.m.

\$85 per eight-class session

Studio 5

Return to Exercise

Designed and led by Director of Pilates & GYROTONIC® Tim Lester and AthletiCo therapist Julie O'Connell, this class is intended specifically for people looking to transition back into exercising after completing physical therapy. A holistic approach is used to address the body's imbalances and to treat the root of the problem, correcting asymmetries and chronic weaknesses to prevent re-injury and bring the body back in balance.

Thursdays 11 - 11:50 a.m.

Fridays 11 - 11:50 a.m.

\$200 per eight-class session

Studio 5

Pilates Props Class

Join us as we add props such as foam rollers, bands and Swiss balls to Pilates work on the mat and reformer. These simple accessories add variety and will challenge you to take your workout to the next level. Participants must be at an intermediate skill level to enroll.

Fridays 9 - 9:50 a.m.

\$200 per eight-class session

Studio 5

Prenatal Pilates

The core-building principles of Pilates perfectly address the physical needs of pregnant women. Pilates tones abdominal, back and pelvic floor muscles, enabling them to support a more comfortable pregnancy and delivery. This class will use the Reformers as well as props such as foam rollers and Swiss balls to help expecting moms stay fit, connect with their bodies and develop breathing techniques.

Mondays 1 - 1:50 p.m.

Tuesdays 5:30 - 6:20 p.m.

Saturdays 11 - 11:50 a.m.

\$200 per eight-class session

Studio 5