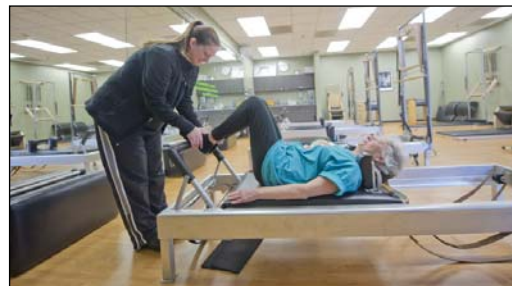


Pilates Week

May 1 - 6, 2017



Join us for a week of "Land and Sea" Pilates activities in celebration of National Pilates Day on May 6, 2017. Everyone who attends a class or the open house will be entered into a raffle for a chance to win a Pilates Magic Circle or a set of water dumbbells. The more events you attend the more chances you have to win.

On Saturday, May 6 from 9 a.m. - 1 p.m. we will have a Pilates Open House. Guests are welcome. We will answer questions about the Pilates formats and give tours of the Pilates Studio.

All classes are free for members. This is a great opportunity to bring a friend and use your complimentary guest passes. Nonmembers can purchase a day pass for \$25 or a 1-week pass for \$45 and attend multiple events.



Purchase a
6 pack of Aqua Pilates Solos or a
10 pack of Pilates Solos, Duets or Trios
May 6 - 13, 2017 and
receive a 10% discount.
*Limit one per customer.
Some restrictions apply.*

SEE REVERSE SIDE FOR CLASS SCHEDULE

For more information, please contact Laura Martinelli at
773-878-9936, ext. 2233 or **LMartinelli@SwedishCovenant.org**.

Pilates Week

Class Schedule

Monday, May 1

3 - 3:45 p.m.	Aqua Pilates	Anne & Autumn	West Pool
4 - 4:50 p.m.	Resistance Band Mat	Anne	Studio 3
8 - 8:45 p.m.	Stretch and Springs	Joe	Pilates Studio

Tuesday, May 2

10:30 - 11:15 a.m.	Mat class	Laura	Studio 3
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Wednesday, May 3

Noon - 12:45 p.m.	Stretch and Springs	Laura	Pilates Studio
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Thursday, May 4

10:30 - 11:15 a.m.	Mat Class with Props	Laura	Studio 3
1:30 - 2:15 p.m.	Aqua Pilates	Erin	East Pool

Friday, May 5

7 - 7:45 a.m.	Stretch and Springs	Joe	Pilates Studio
10 - 10:45 a.m.	Aqua Pilates	Erin	East Pool

Saturday, May 6 **NATIONAL PILATES DAY!**

9 a.m. - 1:30 p.m.	Pilates Studio Open House: Land and Sea	Laura and Erin
11:15 - 11:45 a.m.	Stretch and Springs	Joe Pilates Studio
11:50 a.m. - 12:20 p.m.	Stretch and Springs	Joe Pilates Studio
12:25 - 12:55 p.m.	Stretch and Springs	Juliet Pilates Studio
1 - 1:30 p.m.	Stretch and Springs	Juliet Pilates Studio

Fees:

All Pilates Week events are FREE for members.

This is a great opportunity to bring a friend and use your complimentary guest passes.

Nonmembers can purchase a day pass for \$25 or a 1-week pass for \$45 and attend events all week.

Class sizes are limited.

Please call the Courtesy Desk at 773-878-9936, ext. 5660 to reserve your spot today!

SEE REVERSE SIDE FOR MORE INFORMATION



5157 N. Francisco Ave.
Chicago, IL 60625
773-878-9936
GalterLifeCenter.org