

# LAKE VIEW YMCA



FALL I SESSION - 7 WEEKS  
September 08 - October 24, 2009  
Fee Based Fitness Programs

**FREE** Pilates Demos  
Monday August 24, 9-11am with Mari  
Wednesday August 26, 10-12pm with Tara  
Wednesday August 26, 6-8pm with Mari  
Monday August 31, 6-8p with Tara  
20 min sessions  
Registrations taken at the front desk

Also offering group fitness classes:  
Yoga, Mat Pilates and More...  
Classes FREE with YMCA Membership

**Lake View YMCA**  
3333 N Marshfield Ave  
Chicago, IL 60657  
(773) 248-3333

Fitness Schedule posted on web:  
[www.lakeviewymca.org](http://www.lakeviewymca.org)

For questions, contact:  
**Mira Levy-Fitness Director**  
[mira\\_levy@ymcachgo.org](mailto:mira_levy@ymcachgo.org)



FEE BASED FITNESS CLASSES  
Pilates Reformer Classes  
Personal Training  
Prenatal Classes

FALL 1

## GROUP PERSONAL TRAINING

**Level 1-** For the beginner member, new to exercising. This member is looking to start a routine, to ease into fitness. The group training will focus on introduction to exercise, increasing cardiovascular endurance, gaining strength and coordination.

**Level 2-** For the intermediate member, has been exercising regularly and consistently (2-3 times per week for at least 4 weeks). This member is looking to challenge their body in new ways, be introduced to more complicated exercises, and introduce variety into their workout. The group training will focus on improving cardiovascular endurance, variety in exercises, and developing a regular exercise routine.

**Level 3-** For the advanced member, has been exercising regularly at high intensities (3-5 times per week for at least 6 months). This member is looking for advanced training incorporating plyometrics, speed drills, increased strength, and agility. The group training will focus on cardiovascular speed and endurance, and strength training that challenges multiple muscle groups simultaneously.

**Level 1** with Lynn, Thursdays 5pm - 6pm

**Level 1** with Stacey, Tuesdays 5:30pm - 6:30pm

**Level 2** with Melissa, Fridays 2pm - 3pm

**Level 2 & 3** with Jackie, Saturdays 7:30am - 8:30am

**Level 3** with Carrie, Wednesdays 6:30am - 7:30am

minimum 4 members, maximum 6 members per group training session. **7 weeks \$140.00**



Create your own small group training – minimum 4 members, contact Fitness Director Mira Levy with the date/time you are looking for and level of group.  
7 weeks, 60 min per week - \$140.00 per member

## PRIVATE PERSONAL TRAINING SESSIONS

One on one private personal training session with a certified personal trainer. Sessions are valid for 1 year from date of purchase. Personal Trainer may be requested, will be assigned based on availability.

1 Session - \$45

5 Sessions - \$200 (\$40 per session)

10 Sessions - \$360 (\$36 per session)

**Contact** Mira Levy, Fitness Director to request training  
[mira\\_levy@ymcachgo.org](mailto:mira_levy@ymcachgo.org)



## PRENATAL BOOTIE CAMP

Let by a certified personal trainer with a certification in prenatal fitness, this class is appropriate for moms-to-be in their first, second or third trimesters! Get a full body workout and learn the safety precautions to take when exercising during your pregnancy. Being fit can help you stay healthy during pregnancy and makes losing weight after you have the baby easier!

7 weeks - \$140 Fridays 9am - 10am with Carrie

## PRENATAL YOGA

Let by a certified yoga instructor, this class is appropriate for moms-to-be in their first, second or third trimesters! Being fit can help you stay healthy during pregnancy and makes losing weight after you have the baby easier!

7 weeks-\$85 members, \$160 program members

Wednesdays 6pm-Classroom 1 with Jenny

## PRIVATE GROUP CLASSES IN PILATES REFORMER STUDIO

Classes incorporate reformer, chair, and mat training. Maximum 4 members per class. Minimum 2 members registered per class by Monday, September 6th to run. Makeup classes available – see Mira Levy, Fitness Director for questions. **7 weeks \$200.00**

**Mondays** -----6pm - 7pm with Tara

**Tuesdays** -----9am - 10am with Mari

**Tuesdays** -----8pm - 9pm with Tara

**Wednesdays** --11am - 11pm with Tara

**Wednesdays** --7pm - 8pm with Mari

**Thursdays** ----9am - 10am with Mari

**Fridays** -----11am - 12pm with Tara

**Saturdays** -----9am -10am with Mari

## PRIVATE GROUP CLASSES IN PILATES REFORMER STUDIO

Classes incorporate reformer, chair, and mat training. Maximum 4 members per class. Minimum 2 members registered per class by Monday, September 6th to run. Makeup classes available – see Mira Levy, Fitness Director for questions.

## PILATES REFORMER STUDIO PRIVATE TRAINING SESSIONS

One on one private pilates training session with a certified pilates instructor. Sessions are valid for 1 year from date of purchase. Instructor may be requested, will be assigned based on availability.

1 Session - \$55

5 Sessions - \$250 (\$50 per session)

10 Sessions - \$470 (\$47 per session)

**Contact** Mira Levy, Fitness Director to request information on private and group training at [mira\\_levy@ymcachgo.org](mailto:mira_levy@ymcachgo.org)

