

Lake View Fitness Fee Based Programs

Spring II 2009
04/19/2009-06/13/2009

| Adult Pilates Programs | | | | |
|--|---------------------|--|-------------|---|
| Pilates Intro to Reformers 4 week session April 19 – May 16 Maximum 4 members per class | Tuesday Saturday | 9:00 – 10:00am 11:00 – 12:00pm | 5-35-30(00) | Member: \$140 Member: \$140 |
| Pilates Intro to Reformers 4 week session May 17 – June 13 Maximum 4 members per class | Tuesday Saturday | 9:00 – 10:00am 11:00 – 12:00pm | 5-35-30(01) | Member: \$140 Member: \$140 |
| Group Personal Training | | | | |
| 8 Week Get Results Course Sundays with Jackie Meet in Aerobics Studio Maximum 10 members per class | Sunday | 4:00 – 5:00pm | 5-02-30(11) | Member: \$160 |
| 8 Week Get Results Course Mondays with Chris (Dallas) Meet in Aerobics Studio Maximum 10 members per class | Monday | 12:30 – 1:30pm | 5-02-30(08) | Member: \$160 |
| 8 Week Get Results Course Mondays with Stacey Meet in Aerobics Studio Maximum 10 members per class | Monday | 5:30 – 6:30pm | 5-02-30(09) | Member: \$160 |
| 8 Week Get Results Course Wednesdays with Melissa Meet in Aerobics Studio Maximum 10 members per class | Wednesday | 4:00 – 5:00pm | 5-02-30(10) | Member: \$160 |
| Family Fitness | | | | |
| Cardio Stroll Meets at Stroller Parking outside Maze | Monday Thursday | 2:00 – 3:00pm 11:00 – 12:00pm | 1-40-01(00) | Member: \$80 |
| Individual Personal Training | | | | |
| Single Session | Sun - Sat | Schedule time with personal trainer | 5-02-30(04) | Member: \$45 |
| 5 Session Pack | Sun - Sat | Schedule time with personal trainer | 5-02-30(05) | Member: \$200 |
| 10 Session Pack | Sun - Sat | Schedule time with personal trainer | 5-02-30(06) | Member: \$360 |
| Partner Personal Training | | | | |
| Single Session (price per member) | Sun - Sat | Schedule time with personal trainer | 5-02-30(07) | Per Member: \$35 (total cost \$70) |
| 5 Session Pack (price per member) | Sun - Sat | Schedule time with personal trainer | 5-02-30(12) | Per Member: \$170 (total cost \$340) |
| 10 Session Pack (price per member) | Sun - Sat | Schedule time with personal trainer | 5-02-30(13) | Per Member: \$310 (total cost \$620) |



We build strong kids, strong families, strong communities.
Registration begins 03/30/2009. Schedule subject to change.