



## Spring II 2010 Women's Class Schedule

May 4 - June 18

<u>Monday</u>		<u>Thursday</u>	
9:00am	30-Minute Ball	8:00am	Studio Class
9:30am	Studio Class	9:00am	30-Minute Ball
		9:30am	Studio Class
		1:00pm	Park Workout
<u>Tuesday</u>		<u>Friday</u>	
9:30am	Studio Class	9:30am	Studio Class
1:00pm	Studio Class		
<u>Wednesday</u>			
9:30am	Studio Class		

**ARTbody Studio Class** - An effective 50-minute muscle toning and stretching class - the core of ARTbody. Focus and personal attention are paid to posture, positioning and form, giving you better results and a body that is symmetrical and fit all over! Class size of 8-12 ladies makes this an affordable personalized experience. You receive individual instruction that addresses your body's needs and provides motivation. Each class is \$18. Shoes are optional. Bring your own mat.

**ARTbody Ball Class** - Using a Swiss ball, participants benefit from increased core strength, balance, muscle toning and coordination. This class may be taken alone, or as an addition to your studio class. Each class is 30 minutes and costs \$10. Bring your own ball.

**ARTbody Park Workout** - A 60-minute outdoor workout combining fast walking intervals in between muscle toning exercises, ending with stretches. Each class is \$20.

**ARTbody Semi-Private Class** - Small group sessions are scheduled to fit your preferred time and day. 5 clients per class with sessions in 4 or 8 week options. Form your own group, or we will combine you with other interested ladies. Sessions are approximately 60 minutes and cost \$30.

**Registration** - Class registration is required for attendance. Please call 312-493-0345 or email [Angela@theartbody.com](mailto:Angela@theartbody.com).

**Location** - Studio and Ball Classes are held at Dance Center Evanston, 1934 Dempster Street, in Evanston; Park Workout Classes are held at Lovelace Park, 2740 Gross Point Road in Evanston.

**Schedule** - Additional classes may be available—call to verify class dates and times.

312-493-0345 P.O.Box 1204 Evanston, IL 60204  
[www.theARTbody.com](http://www.theARTbody.com)