



## Spring I 2010 Women's Class Schedule

March 2 - May 3

### Monday

9:00am 30-Minute Ball  
9:30am Studio Class  
10:30am Studio Class

### Thursday

8:00am Studio Class  
9:00am 30-Minute Ball  
9:30am Studio Class

### Tuesday

9:30am Studio Class

### Friday

9:30am Studio Class

### Wednesday

9:30am Studio Class  
10:30am 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 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). Current clients may register online during specific registration periods.

**Location** - Classes are held at Dance Center Evanston, 1934 Dempster Street, 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)