



2011 WINTER CLASS SCHEDULE
November 28, 2011
- March 2, 2012

MONDAY

Glenview	8:15 am	Studio Class
	9:05 am	Ball Class
	9:35 am	Studio Class
	10:30 am	Foundations Class

TUESDAY

Evanston	9:30 am	Studio Class
-----------------	---------	--------------

WEDNESDAY

Glenview	8:15 am	Studio Class
	9:05 am	Stretch Class
	9:35 am	Studio Class
	10:30 am	Studio Class

THURSDAY

Evanston	9:30 am	Studio Class
	10:30 am	Stretch Class

Glenview	9:30 am	Studio Class
-----------------	---------	--------------

FRIDAY

Evanston	9:30 am	Studio Class
-----------------	---------	--------------

Locations:

Evanston: Dance Center Evanston, 1934 Dempster St. (at Dodge Ave.)

Glenview: Fisher Dance Studio, 1629 Waukegan Rd. (2 blks. north of Lake Ave.)

Wilmette: Gilson Park, Michigan St. & Washington St.

Test a class with a free trial (new clients only). Not all classes are available each season. ARTbody reserves the right to cancel classes due to insufficient registration.

Registration: Registration is required. Please call 312-493-0345 or email Angela@theartbody.com. Class payments can be sent to Angela Renee, ARTbody, P.O. Box 1204, Evanston, IL 60204.

www.theARTbody.com

ARTbody Studio Class: An effective 50-minute non-impact, 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'll receive individual instruction that addresses your body's needs and provides motivation. Shoes optional. Bring your own mat. 50 mins. each; 12 weeks; \$240.

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. Bring your own ball. 25 mins. each; 12 weeks; \$120.

ARTbody Foundations Class: This class includes the basic moves from the ARTbody technique as it lays the groundwork and prepares your body with a solid foundation for all types of movement. If you need a gentler workout, or have been away from exercise for a while, this class is for you. Get fit safely and gain awareness on how to move correctly. Focus on posture, balance and how to properly use your core as you strengthen and stretch your body. This is a class you can stay in for as long as you wish, use it as a jump-start, or transition from injury/illness! Shoes optional. Bring your own mat. 50 mins. each; 12 weeks; \$240.

ARTbody Stretch Class: Aaahhhh...only stretching! Various techniques will be used to increase flexibility and release tight muscles and... just breathe. This class may be taken alone, or as an addition to your studio class. 25 mins. each; 12 weeks; \$120.

ARTbody Park Class: A 60-minute outdoor workout in the park, combining fast walking intervals in between muscle toning exercises, and ending with stretches. This is not just a walk in the park! 60 mins. each; 8 weeks; \$160.

ARTbody A la Carte: Movement is only part of feeling good! This healthy eating plan with choice is not a gimmicky diet. Commit to eight weeks and learn about solid nutritional concepts that will gradually change your eating habits and increase your energy. Each weekly educational meeting will focus on a different topic, provide motivation, support and set your intention for the week. 60 mins. each; 8 weeks; \$160.