



# Exercise & Fitness

## Pilates & Other Core Training Classes



### Basic Pilates

Develop body awareness through flowing and controlled exercises. Emphasis will be on increasing muscle flexibility and strength while engaging core muscles. The six basic Pilates principles - control, center, concentration, fluidity, precision and breath - will be utilized to improve the mind/body connection. Class will consist of mostly mat work.

Location: Dole Center, Studio 2

Instructors: Liddie Murray & Laura Dolly

# of weeks: 6

Min 6/Max 16

### LV Beginning/Continuing Pilates

Pilates utilizes a unique system of stretching and strengthening exercises which work the entire body. Pilates exercises help tone muscles, develop core stability, improve posture, increase flexibility and train the body and mind to work together to improve overall fitness.

Location: Dole Center, Studio 2

Instructors: Liddie Murray & Nell Wasserstrom

# of weeks: 6

Min 6/Max 16

### NEW! Magic Circle Pilates

LV

Spice up your mat class with the Pilates Magic Circle (aka Pilates Ring!) The Magic Circle provides light to moderate resistance in order to sculpt and tone your muscles while enhancing flexibility. It's a simple yet effective way to target specific areas of the body while improving upon the proper alignment and correct posture of each exercise. An exciting way to put a new twist on the traditional Pilates exercises. Great for all levels.

Location: Dole Center, Studio 2

Instructor: Nell Wasserstrom

Tu, 7:30-8:25pm

\$60/\$90

Apr 14-May 19

#243080-06

# of weeks: 6

Min 6/Max 16

### Core Power

LV

Learn to strengthen and lengthen while concentrating on the large muscles in the center of the body, the abdominals, the lower back and the buttocks. Through a series of mat and standing exercises, you will learn to move from your center and recover the body shape and tone that you desire.

Location: Dole Center, Studio 2

Instructor: Al Tischina

M, 7:45-8:45pm

\$45/\$68

Apr 13 - May 18

#243050-18

# of weeks: 6

Min 6/Max 20

## Personal Training

### Personal Training

#### (Teens & Adults)

LV

Want to get in shape with the help of a personal trainer, but don't want to join a health club? Let the Park District of Oak Park help. We offer personal training for individuals or groups of 2 or more. Days & times vary depending on room availability. All ages and levels welcome. Call (708)725-2155 for details.

Day Time	Dates	Instructor	Fee	Code
<b>Basic Pilates</b>				
W, Noon-12:55pm	Apr 15 - May 20	Dolly	\$60/\$90	#243080-02
Th, 8:15-9:10am	Apr 16 - May 21	Murray	\$60/\$90	#243080-07
<b>Beginning/Continuing Pilates</b>				
M, 9:30-10:25am	Apr 13 - May 18	Murray	\$60/\$90	#243080-01
Tu, 8:15-9:10am	Apr 14 - May 19	Murray	\$60/\$90	#243080-08
Th, 7:30-8:25pm	Apr 16 - May 21	Wasserstrom	\$60/\$90	#243080-03
Sa, 9:30-10:25am	Apr 18 - May 23	Wasserstrom	\$60/\$90	#243080-04