

Reformer Demo Days

March 24 - 30

Come try out our Pilates Reformer equipment and see how easy it is to get your core and alignment in tip top shape. Sign up at Guest Services for a 20-minute spot. Space is limited to two spots per person.

Sunday	March 24	8:30 - 8:50 am	Group
		9 - 9:20 am	Basic
		9:30 - 9:50 am	Basic
Monday	March 25	9 - 9:20 am	Rehab
		9:30 - 9:50 am	Stretch
		7 - 7:20 pm	Basic
Tuesday	March 26	5:25 - 5:45 pm	Group
		6 - 6:20 pm	Group
Wednesday	March 27	9:30 - 9:50 am	Rehab
Thursday	March 28	6:45 - 7:05 pm	Golf
		9:30 - 9:50 am	Group
		10 - 10:20 am	Basic
Saturday	March 30	6:30 - 6:50 pm	Props
		9 - 9:20 am	Group
		9:30 - 9:50 am	Basic
		10 - 10:20 am	Stretch

Sign up today! Space fills up quickly!



FITNESS CENTER
at the Buffalo Grove Park District

ARE
YOU
IN?