



**lake  
shore  
ILLINOIS  
CENTER SF**

# PRIVATE & SEMI-PRIVATE YOGA OR PILATES

## PRIVATE YOGA TRAINING

Provides the benefits of advancing your mind & body through the traditional Vinyasa and Ashtanga practices. "Namaste".

## PRIVATE PILATES COMPREHENSIVES

Improve posture and alignment utilizing a series of movements with all Pilates apparatuses (including reformer).

## Pricing

### \$100/1 HOUR PRIVATE SESSION

6-pack - \$600  
12-pack - \$1152  
24-pack - \$2208  
50-pack - \$4400

### \$62/1 HOUR SEMI-PRIVATE SESSION/PERSON (2 person max)

6-pack - \$372  
12-pack - \$708  
24-pack - \$1320  
50-pack - \$2600

For additional information contact:  
**ICPT360@LakeshoreSF.com**