

**YPT**  
**Yoga/Pilates Personal Training**  
**Request Form**  
(Turn completed form into the service desk)

**7Bridges\_\_\_\_\_Naperville\_\_\_\_\_**  
RECEIPT ATTACHED

**NAME** \_\_\_\_\_

**Phone number** \_\_\_\_\_

**Package choice:** \_\_\_\_\_ \$ \_\_\_\_\_

**Requested YPT Trainer:** \_\_\_\_\_

**EXERCISE BACKGROUND**

Do you currently exercise in any of the following disciplines? Answer Yes or No

Strength Training\_\_\_\_\_ Yoga\_\_\_\_\_

Pilates\_\_\_\_\_ Aerobic Exercise \_\_\_\_\_

How Often? Daily\_\_ 3xweek\_\_ 2xweek\_\_

**Are you currently, or do you plan to be, pregnant:**\_\_\_\_\_

**Do you have any current exercise limitations based on injuries, pain, operations, biomechanical considerations, etc.?**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Follow up by Paula McBride or Renee Nelson  
Contacted by: \_\_\_\_\_  
Session scheduled to begin: \_\_\_\_\_  
Package purchased: \_\_\_\_\_

**Begin your journey today!**  
For YPT direct questions to  
**Paula McBride at Seven Bridges 630-646-7929**  
**Renee Nelson at Naperville 630-646-5922**

**Why choose YPT at EEHF?**

- To train one-on-one with an expert professional in the field, guaranteeing the attention and direction that you need and deserve.
- To improve your posture, confidence, flexibility, balance, strength, core stability and power, endurance and concentration.
- To develop better awareness of how your body works and how to incorporate the mind/body/spirit connection into your daily life.
- To reduce stress

**EEHF YPT trainers** are certified and degreed professionals trained in one or more of the following:

- Basic & Advanced Mat Pilates
- Pilates Reformer I and II
- 200/500 hour Yoga Alliance
- Registered Teachers in Thai Yoga Therapy, Ashtanga, Hatha and Forrest Yoga
- AEA The Aquatic Exercise Association
- AFAA
- ACE American Council on Exercise
- Group Fitness

Many people know that the practice of **Yoga** makes your body strong and flexible. It is also well known that Yoga improves the functioning of the respiratory, circulatory, digestive and hormonal systems. Yoga brings emotional stability and clarity of mind and that is only the beginning of your journey!

**Pilates** is a form of isometric exercises developed and practiced to simultaneously stretch, strengthen, tone and align the body, while eliminating excess tension and strain on the joints. Pilates will help you to improve balance, flexibility, core control and back strength; all in one refreshing mind/body workout!

YPT Packages are available in the following categories:

**MEMBER Packages:**

**Single Person:**

5x 30 min. sessions= \$167  
10x 30 min. sessions= \$313  
20x 30 min. sessions= \$587

**Partner:**

5x 30 min. sessions = \$273  
10x 30 min. sessions = \$500  
20x 30 min. sessions = \$938

**NON MEMBER PRICING:**

**Single Person:**

5x 30 min. sessions = \$254  
10x 30 min. sessions = \$508  
20x 30 min. sessions = \$960

**Partner:**

10x 30 min. sessions = \$782  
20x 30 min. sessions = \$1279

**Meet Your YPT Trainers**

Mandy Bakas	Ylona Cavalier
Deanne Murray	Mary Bielawski
Sally Tumilty	Yi-Jin Wu
Julie Groves	Lana Bassetto
Adrienne Ann Ilseman	Bridget Lenard
Diane Coli	Paula McBride
Jutta Spanke	

Individual YPT trainer availability subject to change. It is our intention to best match client and trainer based on trainer request, client needs and availability, schedules, training location, etc.

# YOGA/PILATES PERSONAL TRAINING



**3 Person Pilates Reformer Training:**

6 one hour sessions

This small group setting will allow you to experience an amazing body transformation.

The REFORMER program works through your core with every movement as you transform your body into a strong, lean and toned physique. Must have 3 to participate in this semi-private training to work strictly on the reformer.

**Member Fee: \$184 each**

**Non Member Fee: \$242 each**

**Healthy Driven**

Edward-Elmhurst

HEALTH