



447 South Boulevard, Oak Park, IL
708.386.5011 447club-fitness.com

EFFECTIVE: WINTER, November 15, 2017
Subject to change without notice.

Hours of Operation Monday - Thursday: 6:30am - 11:30am and 4:00pm - 8:00pm
Friday: 6:00am - 12:00pm Saturday: 6:00am - 12:00pm Sunday: Limited hours, please inquire.

Studio Schedule

DAY/TIME	CLASS	FEE	INSTRUCTOR	DURATION
MONDAY				
5:30pm	Real Ryder Cycling	\$12	Lynette	45min
6:15pm	Extreme Toning Stretch/Sculpt	\$5	Lynette	30min
TUESDAY				
5:30pm	Cardio Kickboxing	\$5 [cash only]	Lynette	45min
6:15pm	Zumba	\$5	Tot	45min
WEDNESDAY				
5:30am	Adult Boot Camp	\$8	Lynette	45min
8:30am	Fitness Over 50	FREE	Lynette	30min
9:05am	Real Ryder Cycling	\$10	Staff	30min
4:30pm	Real Ryder Cycling	\$10	Lynette	30min
5:30pm	Step Aerobics	\$5	Lynette	45min
6:30pm	Move Your Body	\$7	Shonda	60min
THURSDAY				
5:30pm	Cardio/Strength	\$7	Lynette	60min
7:15pm	Purple Power Yoga	\$7	Tot	60min
FRIDAY				
5:30am	Real Ryder Cycling/Circuit Training	\$15	Lynette	45min
SATURDAY				
6:30am	Express Boot Camp	\$5 [cash only]	Lynette	45min
7:30am	BFit Boot Camp	\$10	Lynette	60min
8:30am	Real Ryder Cycling	\$15	Jared	45min
9:15am	Zumba	\$5	Tot	45min
SUNDAY				
8:15am	Move Your Body	\$7 [cash only]	Shonda	60min

BUY IN VOLUME AND

SAVE

90 DAYS TO USE PACKAGES

10 Boot Camps \$ 89
10 Classes \$ 49
6 Boot Camps \$ 49
5 Classes / 5 Boot Camps \$ 59
4 Classes / 3 Boot Camps / 3 Cycling	.. \$ 89
4 Real Ryder Cycling / 6 Classes \$ 89
5 Real Ryder Cycling / 5 Boot Camps	.. \$ 99
4 Real Ryder Cycling \$ 51
6 Real Ryder Cycling \$ 75
10 Real Ryder Cycling \$120

30 DAY UNLIMITED PASSES

Real Ryder Cycling ONLY \$129
Classes ONLY \$ 99
All Classes, Boot Camp and Real Ryder Cycling	.. \$169

Register online at 447club-fitness.com

Registration no longer required for Real Ryder Cycling.
First come first serve basis.

If you register online, we will reserve your bike
for up to 5 minutes after class has started.

Adult Training

ADULT PERSONAL TRAINING

4-Pack 30 minute sessions \$130
6-Pack 30 minute sessions \$180
8-Pack 30 minute sessions \$230
12-Pack 30 minute sessions \$330
8-Pack 60 minute sessions \$420
12-Pack 60 minute sessions \$620

ADULT SMALL GROUP

PERSONAL TRAINING [2-5 Participants]

8 - 30 minute sessions \$120/person
8 - 45 minute sessions \$150/person
8 - 60 minute sessions \$190/person

[Included with Personal Training: Weigh-ins, Measurements and Fat and Muscle Percentage Monitoring].

GYM MEMBERSHIP FEE:

Membership includes use of the gym equipment anytime
7 days per week.

One time enrollment fee \$25
Membership fee \$25/month
Drop-in fee \$5

WE LOVE OUR BFit kids

KIDS PERSONAL TRAINING RATES

6-Pack 30 minute sessions \$140
8-Pack 30 minute sessions \$180

WORKOUT DESCRIPTIONS

Adult Boot Camp: Workouts include weight lifting, strength training, cardio circuits, agility drills, BOSU training, boxing, abs and more. New workouts every week. Ages 18 and over.

Boot Camp Cross Training: A combination of cardio, strength, speed, power and flexibility. Circuits and functional style designed to increase your fitness level, coordination and endurance.

Kick Boxing: Incorporates movements derived from boxing, Tae Kwon Do and Karate.

Step Aerobics helps improve coordination and stamina with low impact, yet high intensity cardio benefit!

Move Your Body: This class is an excellent way to get a well-rounded workout. It's a fusion of cardio dance, using fluid body moves, as well as, standing core and strength training work.

Power Yoga: The Power Yoga flow will torch your calories, tone, strengthen and rinse your body, clear your mind and leave you with a sense of accomplishment and empowerment.

Real Ryder Cycling: This dynamic method integrates several muscle groups for a cohesive, total body workout that improves strength, stability and coordination, while increasing cardio capacity and burning extra calories (more than traditional indoor cycling). See schedule for RR Cycling classes using weights.

Real Ryder Cycling/Circuit Training: Cycling class mixed with a fitness circuit which includes strengthening, toning, boxing and abs.

Extreme Toning Stretch/Sculpt: Non-stop action! Each week a muscle group is targeted - abs glutes, back, arms! Always changing it up!

Zumba: Burn fat and work your core doing the latest Latin dance steps set to high-energy Latin and international beats. Steps are basic and fun to do. No dance experience necessary.