



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

EFFECTIVE: JUNE 19, 2017  
Subject to change without notice.

**Hours of Operation** Monday - Thursday: 6:00am - 12:00pm 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
<b>MONDAY</b>				
5:45pm	Real Ryder Cycling/Weights	\$12	Lynette	30min
6:15pm	Extreme Toning	\$5	Marty	30min
<b>TUESDAY</b>				
5:30pm	Adult Boot Camp (Cross Training)	\$5 [cash only]	Lynette/Marty	45min
6:15pm	Zumba	\$5	Tot	45min
<b>WEDNESDAY</b>				
5:30am	Adult Boot Camp	\$8	Lynette/Darryl	45min
8:30am	Fitness Over 50	FREE	Lynette	30min
9:05am	Real Ryder Cycling	\$12	Staff	30min
4:30pm	Real Ryder Cycling	\$12	Lynette	30min
5:30pm	Kick Boxing/Step Aerobics	\$5	Lynette	45min
6:30pm	Move Your Body	\$7	Shonda	60min
<b>THURSDAY</b>				
5:30pm	Cardio/Strength	\$7	Lynette	60min
6:30pm	Real Ryder Cycling	\$15	Jared	45min
7:15pm	Purple Power Yoga	\$5	Tot	60min
<b>FRIDAY</b>				
5:30am	Real Ryder Cycling/Circuit Training	\$15	Lynette	45min
<b>SATURDAY</b>				
6:30am	Express Boot Camp	\$5 [cash only]	Lynette/Darryl/Marty	45min
7:30am	BFit Boot Camp	\$10	Lynette/Darryl/Marty	60min
8:30am	Real Ryder Cycling	\$15	Jared	45min
9:15am	Zumba	\$5	Tot	45min
10:30am	Kids Zumba	\$6		
<b>SUNDAY</b>				
8:15am	Move Your Body	\$7 [cash only]	Shonda	60min
9:30am	Real Ryder Cycling/Weights	\$10	Shonda	30min

### 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](http://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/Step Aerobics** This combo class focuses on the energetic and heart-pumping workout of Kick Boxing and the full-body workout of step aerobics. 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** 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.