

**FITNESS PROGRAM & PRICING**

**FITNESS @ IDC – WAUCONDA**

1251 N. Old Rand Rd.  
Wauconda, IL 60084

Adult Pilates	Friday	9:30 – 10:30am
Adult Dance Fitness	Friday	10:45 – 11:45am

**8-week sessions:**

- Session 1 | 09/07/21 – 10/30/21
- Session 2 | 11/01/21 – 01/22/22
- Session 3 | 01/24/22 – 03/19/22
- Session 4 | 04/04/22 – 05/28/22

**Cost per session:**

- \$150.00 - Unlimited classes per session (expires on last day of session)
- \$80.00 - 8-class punch card (expires on last day of each session)
- \$12.00 - Drop-in single class

**\*\* 15% Senior Citizen Discount for age 65+ on all Fitness & Dance \*\***