

FALL INTO FITNESS



presents...



Step it Up *with* Steph

COMPLIMENTARY PILATES

Wednesdays @ 5pm in the Sports Court



Stephanie is Chicago's Premier Private Trainer. She has been featured on CNN, AOL, and TV stations across the country. Stephanie is a certified Yoga & Pilates Instructor, Personal Trainer, and Body Image & Confidence Coach.

PRIVATE TRAINING AVAILABLE

Steph@StepItUpwithSteph.com