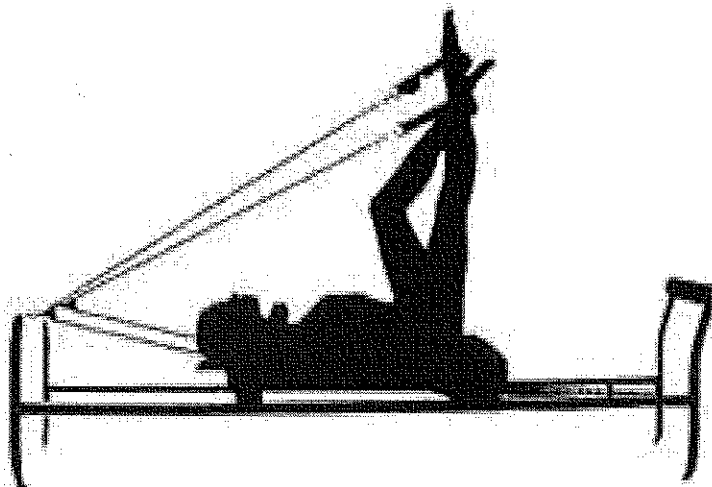


FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

PILATES REFORMER CLASSES

Pilates Reformer Small Group Sessions



Tuesdays

9:15am-10:00am

Four 45 minute sessions

\$60 members

\$80 non-members

The Y is providing the lowest priced group reformer classes in the area. With a maximum of 5 people per class, our small group session enables the instructor to give personal attention to each individual's needs. Our instructors are certified in mat and reformer Pilates and have been practicing for several years.

Pilates focuses on core work which strengthens the back and shapes the abdominals while providing maximum flexibility. Additionally, Pilates is an excellent supplement for rehabilitation and can increase your performance.