



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GET FIT HAVE FUN BE HEALTHY

Pilates Reformer Classes YMCA ANTHONY BOWEN

Using the Pilates Reformer, you will lie, kneel, stand, and sit to create a balanced body and strong core.

The reformer kicks up the positives a Mat Pilates program provides, including better back health, flexibility, and body awareness.

Benefits:

- Full Range of Motion
- Fast and Comprehensive Results
- Lean Muscle Gain

WHEN: Wednesdays at 12:00 pm, Thursdays at 7:45 pm, Saturdays at 11:45 am, Sundays at 1:15 pm

LOCATION: Pilates Studio

COST:

- \$400/\$500 for 16 sessions
- \$220/\$275 for 8 sessions
- \$115/\$150 for 4 sessions
- \$30/\$40 for drop in classes



Questions? Contact Raven Joyner for more information at Raven.Joyner@ymcadc.org!