



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](mailto:Raven.Joyner@ymcadc.org)!