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FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

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HAVE FUN  
BE HEALTHY**

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# PILATES REFORMER

## A 6-WEEK PILATES CLASS

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.

Please Note:

A minimum of 3 people is needed for the class to run.

The maximum number of participants is 5 people per class.



### LOCATION:

YMCA Fairfax County Reston

### DATES & TIMES:

**August 10<sup>th</sup> – September 14<sup>th</sup>**

- Tuesdays at 10:00am
- Tuesdays at 6:30pm

### COST:

\$210 per session

### REGISTRATION DEADLINE:

August 3<sup>rd</sup>