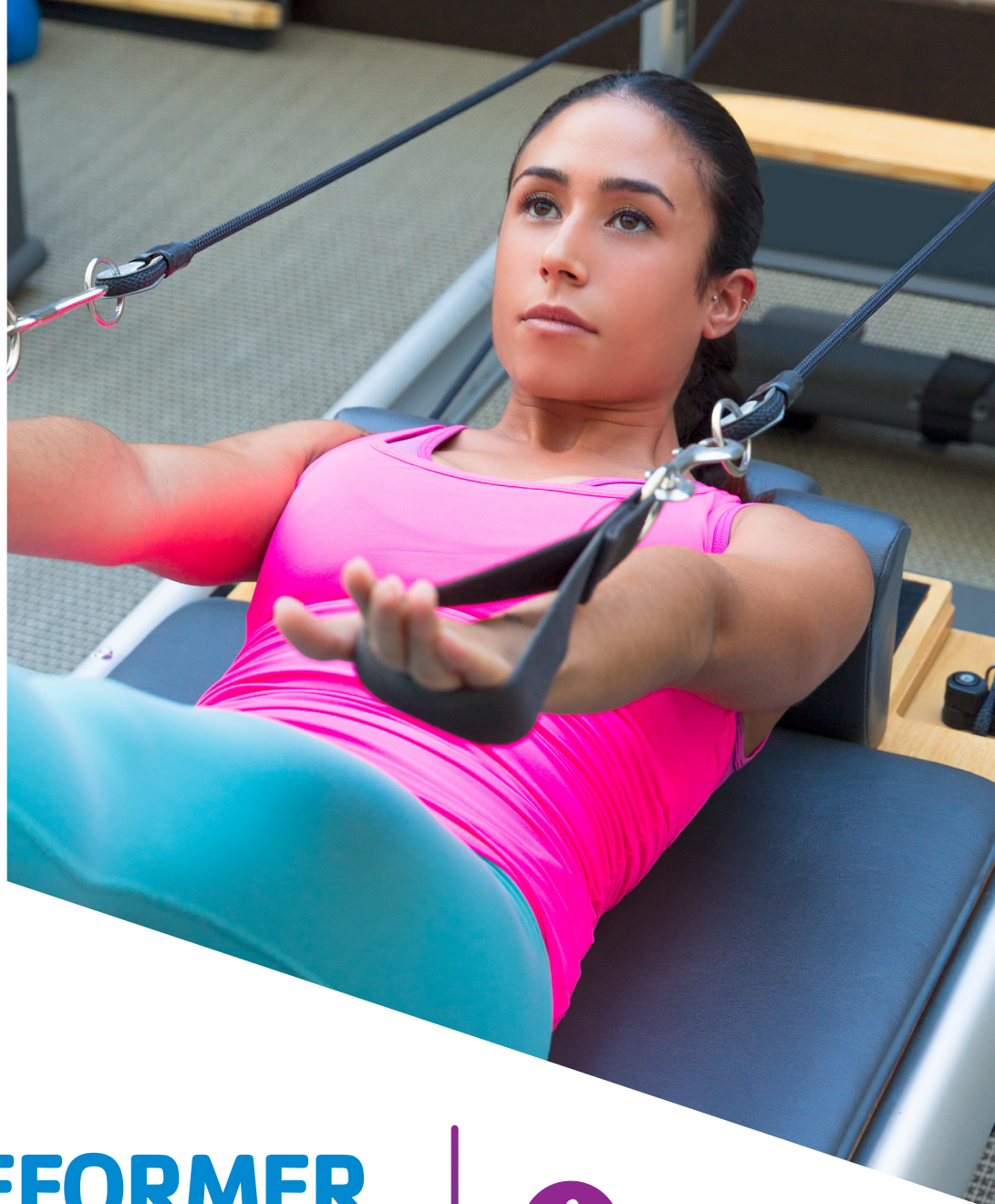




FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

**GET FIT
HAVE FUN
BE HEALTHY**

REGISTER TODAY!



PILATES REFORMER

AT YMCA BETHESDA-CHEVY CHASE

Using the Pilates Reformer, you will lie, kneel, stand, and sit to create a balanced body, a stronger core, better back health, more flexibility, and body awareness.

**Register today to secure your space.
Community members are welcome!**



For more information and to register, please email bcc.wellness@ymcadc.org.

The Y. For A Better Us.®



LOCATION:

YMCA Bethesda-Chevy Chase

PRIVATE CLASSES (1 PERSON):

1 Session for \$75

4 Sessions for \$280 (\$70/session)

8 for \$520 (\$65 session)

PARTNER CLASSES (2 PEOPLE):

4 Sessions for \$440
(\$55/person/session)

8 Sessions for \$800
(\$50/person/session)