



PILATES REFORMER GROUP CLASSES

Register NOW for upcoming classes!

Are you looking for a new Challenge? Do you just want to “tone up”? Strengthen your core, build lean muscle, restore postural alignment, improve flexibility, promote recovery, and more in small group training Pilates Reformer group classes!

Monday		Thursday	
Level 2/3	9:00am	Level 2/3	7:00am
Level 2/3	10:00am	Level 2/3	9:00am
Tuesday		Friday	
Level 2/3	7:00am	Level 2/3	7:00am
Level 4	9:00am	Level 4	9:00am
Level 2/3	6:15pm	Saturday	
Level 1/2	7:15pm	Level 2/3	8:00am
		Level 2/3	9:00am
Wednesday		Level 2/3	10:00am
Level 2/3	9:00am	Beginner	11:00am
Level 2/3	10:00am		

***Beginner is for those without any previous private or group Pilates Reformer lessons**

**Sessions: 8 week session \$216/
Non member \$432**

Fall 1, August 29th – October 23rd

Fall 2, October 24th – December 18th

***"In 10 sessions, you will feel the difference.
In 20, you will see the difference.
And in 30, you'll be on your way to having a whole new body."
– Joseph Pilates***

Register at the front desk or online at www.lakeviewymca.org.

Questions? Contact Fitness Director, Yvonne Tierney, at ytierney@ymcachicago.org.