

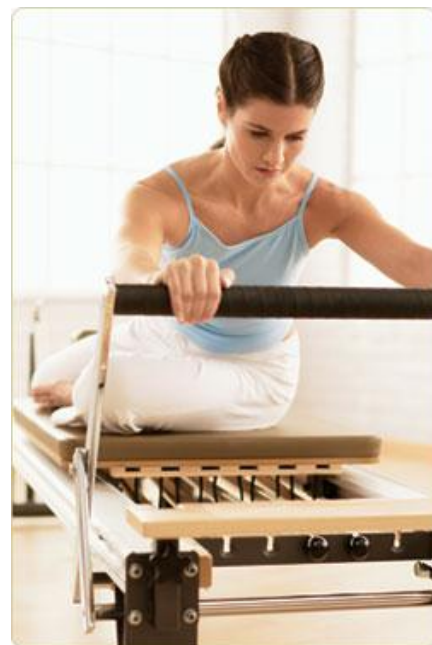
PILATES REFORMER GROUP CLASSES

**Spring II Classes - 8 Week Session
April 15th – June 9, 2012**

Did you know that the Lake View YMCA has a **PILATES REFORMER STUDIO**? Meet 1-on-1 or in a small group and work to strengthen your core, lengthen the spine, increase body awareness, build muscle tone, and gain flexibility

The Pilates Reformer Studio in the Lake View YMCA offers Pilates Apparatus Classes 6 days a week. Our Spring 1 sign up has already begun!

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



Cost:
\$200 for 8 week session for Members and \$400 for Non-Members
Only 4 spots available per class and class must have at least 3 participants to run

*Level 1 is for TOTAL BEGINNERS. If you are new to Pilates Reformer, you must start with Level 1 or a Private Session
*Participation in the Level 4 class requires approval of instructor

Day	Level	Start Time	End Time	Instructor
Monday	Level 2 & 3	9:00am	10:00am	Mari
Monday	Level 2 & 3	10:00am	11:00am	Mari
Monday	Level 2 & 3	5:15pm	6:15pm	Mari
Monday	Level 2 & 3	6:15pm	7:15pm	Mari
Monday	Level 1	7:15pm	8:15pm	Mari
Tuesday	Level 4	9:00am	10:00am	Mari
Tuesday	Level 1	10:00am	11:00am	Mari
Wednesday	Level 2 & 3	9:00am	10:00am	Mari
Wednesday	Level 2 & 3	10:00am	11:00am	Mari
Wednesday	Level 2 & 3	5:00pm	6:00pm	Mari
Wednesday	Level 2 & 3	7:00pm	8:00pm	Mari
Thursday	Level 2 & 3	9:00am	10:00am	Mari
Friday	Level 4	9:00am	10:00am	Mari
Friday	Level 4	11:00am	12:00pm	Mari
Saturday	Level 2 & 3	8:00am	9:00am	Mari
Saturday	Level 2 & 3	9:00am	10:00am	Mari
Saturday	Level 1	10:00am	11:00am	Mari



"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

QUESTIONS? Contact Fitness Coordinators Heidi Galasek kgalasek@ymcachicago.org or call 773.248.3333

