



# PILATES REFORMER PROGRAM AT CVY

(CRESCENTA VALLEY YMCA)

FIND THE COORDINATION OF YOUR SPIRIT, MIND, AND BODY.

The principles of Pilates can dramatically transform the way your body looks, feels & performs. By developing proper technique, your body can be retrained to move in safe, more efficient patterns of motion which are invaluable for injury recovery, sports performance, good posture & optimal health.

Join our experienced, certified instructors for a refreshing mind-body workout that develops a strong core and back, lean muscles and flexibility.

## NEW PRICES

Single Class: \$20

5 Classes: \$80

10 Classes: \$140

20 Classes: \$210

RESERVE YOUR CLASS SPOT IN THE APP!

For more information, contact:  
[rosanne@ymcafoothills.org](mailto:rosanne@ymcafoothills.org)

Location: PILATES STUDIO  
Crescenta Valley Family YMCA  
3931 Lowell Ave. Glendale, CA 91214

**Intro Classes**

Wednesday	Weekly classes added to the Y App!
8:30AM - Liza	

**Level 1 Classes**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:30AM Bonnie	9:30AM Debbie	9:30AM Debbie	9:30AM Debbie	8:30AM Joanne	8:30AM MaLisa
5:30PM Elizabeth	11:30AM Debbie	10:30AM Debbie	10:30AM Debbie	9:30AM Bonnie	
	6:30PM Bonnie	5:30PM Elizabeth		10:30AM Bonnie	

**Level 2 Classes**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30AM Tracey	10:30AM Debbie	11:30AM Debbie	5:30PM MaLisa		9:30AM MaLisa
9:30AM Bonnie	5:30PM Bonnie	6:30PM Elizabeth			
6:30PM Elizabeth					

**Intro to Pilates**

Ideal for less experienced participants who want a safe and effective class experience to build a solid Pilates foundation using our state of the art Alegro-2 Reformers. Focus on form and alignment to help you master Pilates fundamentals, so you can get the most out of your workout as you advance.

**Level 1**

This class is ideal for all fitness levels, is easily modified for those with physical limitations. It focuses on overall body awareness, form and technique. Participant will continue to build practice with more complex movements and use of equipment. Start exploring more precise and dynamic exercises. Class tempo is moderate and focuses on a steady class flow. Intermediate exercises and coordinated movements are introduced.

**Level 2 (Must have prior experience or have taken Level 1 classes)**

An inspiring and uplifting class that will fully challenge the body and mind. This moderate to fast paced class incorporates quick transitions and will introduce you to more advanced exercises and use of the apparatus. Focused on strength, in addition to balance and stability, this class creates dynamic challenges to elevate your practice to give you a more demanding workout.

**For class etiquette and cancellation info, visit:  
[ymcafoothills.org/pilates](http://ymcafoothills.org/pilates)**