



PILATES REFORMER PROGRAM AT CCY

(CRESCENTA-CAÑADA 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.

Single Class: \$20

5 Classes: \$86

10 Classes: \$152

20 Classes: \$225

RESERVE YOUR CLASS SPOT IN THE APP!

For more information, contact:
rosanne@ymcafoothills.org

Location: PILATES STUDIO
Crescenta-Cañada Family YMCA
1930 Foothill Blvd., La Cañada Flintridge

Intro Classes

Friday	Weekly classes added to the Y App!
12:15PM – Suzanne	

Level 1 Classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00AM Elizabeth	6:00AM TBD	8:00AM Charletha	7:00AM Joanne	8:00AM Charletha	8:00AM Charletha	11:00AM Noreen
10:00AM Elizabeth	9:00AM Charletha	9:00AM Charletha		11:00AM Charletha	9:00AM Charletha	
5:00PM Noreen	10:00AM Charletha	5:00PM Charletha		4:00PM Charletha		
7:00PM Noreen	4:00PM Charletha					

Level 2 Classes

Monday	Tuesday	Wednesday	Thursday	Friday	Sunday
11:00AM Elizabeth	8:00AM Charletha	10:00AM Charletha	8:00AM Joanne	9:00AM Charletha	10:00AM Noreen
6:00PM Noreen		6:00PM Charletha		10:00AM Charletha	
				5:00PM Charletha	

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