



# 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.

**Sessions will expire  
ONE YEAR after  
purchase date**

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](mailto:rosanne@ymcafoothills.org)

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

## Intro Classes

Monday	Weekly classes added to the Y App!
11:30AM - Liza	

## Level 1 Classes

Monday	Tuesday	Wednesday	Thursday	Friday
		6:30AM - Elizabeth		
		7:30AM - Elizabeth		
8:30AM - Liza	9:30AM - Debbie	8:30AM - Liza	9:30AM - Michelle	10:30AM - Noreen
9:30AM - Liza	11:30AM - Debbie	9:30AM - Debbie	10:30AM - Michelle	
10:30AM - Liza	6:30PM - Liza	10:30AM - Debbie	6:30PM - Elizabeth	
5:30PM - Elizabeth		5:30PM - Elizabeth		

## Level 2 Classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:30PM Elizabeth	10:30AM Debbie	11:30AM Debbie	5:30PM Michelle	9:30AM Noreen	
	5:30PM Rosanne	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)