

# PILATES REFORMER CLASSES

**SPRINGFIELD YMCA**

**All Levels Welcome!**



**4 WEEK SESSIONS –  
\$140 OR \$40 PER CLASS "DROP IN"**

**Tuesday  
6:45am to 7:45am w/ Bonny**

**Wednesday  
9:30am to 10:30 w / Lisa**

**Thursday  
9:30am to 10:30am w/ Lisa**



for members only

For more information  
visit our website or  
email [C2@cyedc.org](mailto:C2@cyedc.org)