



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

**GET FIT
HAVE FUN
BE HEALTHY**

REGISTER TODAY!



PILATES REFORMER

AT YMCA SILVER SPRING

Using the Pilates Reformer, you will lie, kneel, stand, and sit to create a balanced body, a stronger core, better back health, more flexibility, and body awareness.

**Register today to secure your space.
Community members are welcome!**



For more information and to register, please email Ryan.Ross@ymcadc.org.

The Y. For A Better Us.®



PRIVATE CLASSES:

- 1 Session, \$100
- 4 Sessions, \$360
- 8 Sessions, \$680
- 12 Sessions, \$990