



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GET FIT HAVE FUN BE HEALTHY

Pilates Reformer Classes YMCA ANTHONY BOWEN

Using the Pilates Reformer, you will lie, kneel, stand, and sit to create a balanced body and strong core.

The reformer kicks up the positives a Mat Pilates program provides, including better back health, flexibility, and body awareness.

Benefits:

- Full Range of Motion
- Fast and Comprehensive Results
- Lean Muscle Gain

WHEN: More dates coming soon!

Contact Wellness Director: Dahhia Johnson for more information at Dahhia.Johnson@ymcadc.org

Private sessions available

