



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

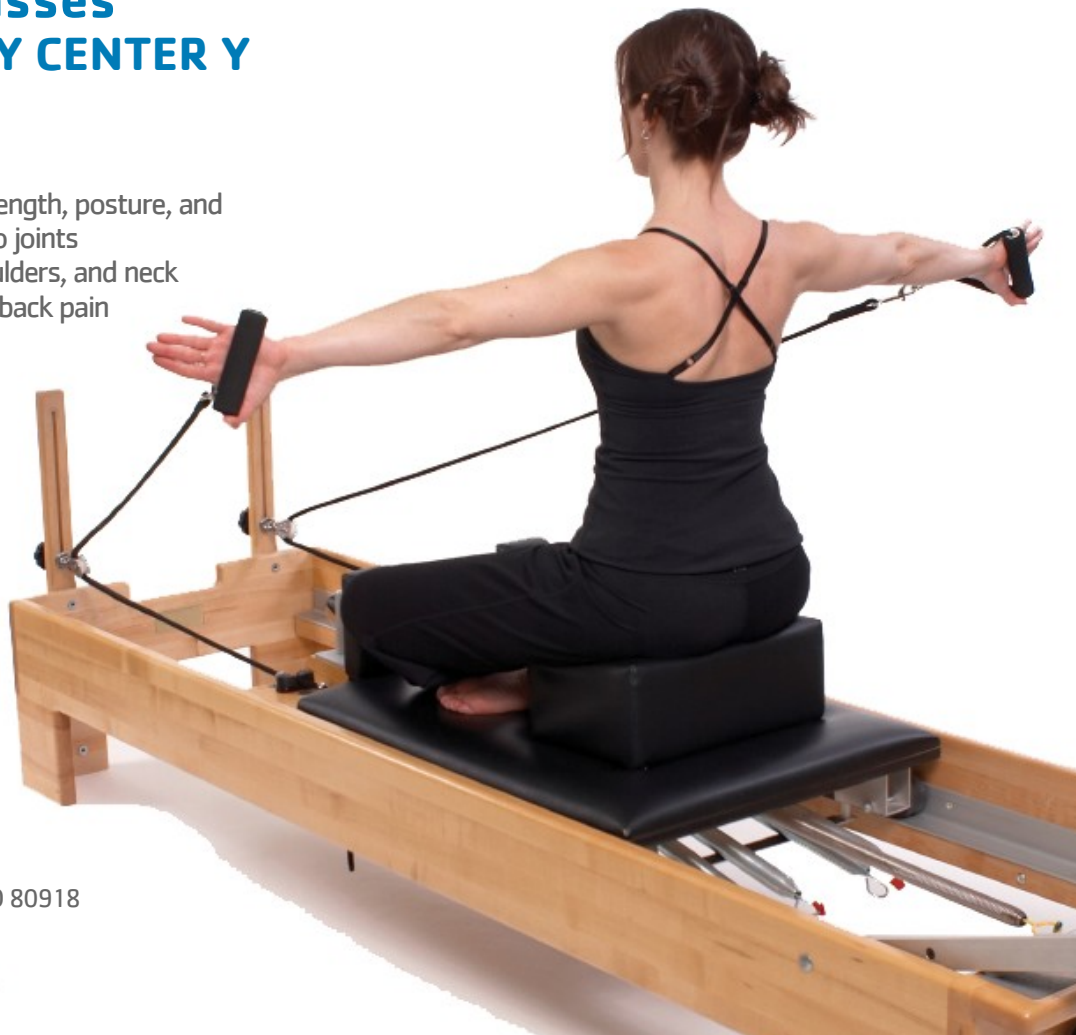
# BALANCE STRENGTH FLEXIBILITY

**HEALTH, WELL-BEING & FITNESS**  
**Pilates Reformer Classes**  
**GARDEN RANCH FAMILY CENTER Y**

**Participants may experience:**

- Improvements in overall functional strength, posture, and joint range of motion without stress to joints
- Decreased tension in upper back, shoulders, and neck
- Stronger core can help alleviate lower back pain
- Better balance and coordination
- Improvements in sports performance

- **Over 25 classes per week**
- **Certified instructors**
- **Competitive Prices**



**Garden Ranch Family Center**  
2380 Montebello Drive West, Colorado Springs, CO 80918  
P 719 593 9622 [www.ppymca.org](http://www.ppymca.org)

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# PILATES REFORMER CLASS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00 AM ☐ Intro (Jan)	8:00 AM ☐ Essential (Jan)	8:00AM ☐ Jump Board (Christi)	8:00AM ☐ Intermediate/Essential (Christi)	8:00 AM ☐ Essential (Bonnie)	
9:00 AM ☐ Essential (Jan)	9:00 AM ☐ Intermediate/Challenge (Christi)	9:00 AM ☐ Intermediate (Kirsten)	9:00 AM ☐ Intermediate (Christi)	9:00 AM ☐ Intermediate (Kirsten)	9:15 AM ☐ Intermediate/Essential (Cheri/Michelle)
10:00 AM ☐ Essential (Karen)	10:00 AM ☐ Intro (Christi)	10:00 AM ☐ Challenge (Kirsten)	10:00 AM ☐ Essential (Christi)	10:00 AM ☐ Intermediate/ Challenge (Kirsten)	10:15 AM ☐ Intro (Cheri/Michelle)

- ☐ Child Watch Available
- ☺ Kids Club Available—East Gym
- Six-week sessions for all Level Classes
- Registration is required for all Pilates Reformer classes.
- Each class requires a minimum of four participants
- Schedule subject to change
- Fee required for Reformer Classes
- Financial assistance is available
- Private Refomer Personal Training available (inquire at the Welcome Center)
- **UPDATED AS OF 04/16/12**

5:00 PM ☐☺ Intermediate/Essential (Jan)	5:00 PM ☐☺ Intro (Linda)	5:00 PM ☐☺ Intermediate/Essential (Jan)			
	6:00 PM ☐☺ Essential (Linda)		6:00 PM ☐☺ Essential (Bonnie)		

## Level Descriptions

**Intro 1:** Designed to teach safe use of the Pilates reformer by incorporating body awareness, breathing and stability principles, and proper execution of exercises. The focus for students at this level will be to learn Stott Reformer features and basic Pilates principles and exercises, while at the same time gaining musculoskeletal strength and flexibility and improving overall coordination, balance, and body awareness.

**Essential:** Designed to add interest and variety by incorporating the full syllabus of essential exercises. Participant focus will be to master alignment, stability and spinal mobility with overall progress in the areas of strength, flexibility, coordination, balance, endurance, and familiarity of exercises.

**Intermediate:** Designed for those who have accomplished proficiency at the Essential level and seek to expand in exciting new ways. This class will offer a dynamic integration of the Essential and Intermediate exercise syllabus, with an emphasis on more advanced sequencing and tempo. Participant focus will be reinforcement of development principles and safety while increasing levels of difficulty.

**Challenge:** Designed for the participant who is very comfortable with Intermediate level requirements and is ready to pursue exciting and vigorous opportunities at an advanced level. Participant focus will be to learn new exercises and develop more complicated skills, while reinforcing development principles and safety. Instructor referral is required; discuss development with your instructor if you are interested in enrolling.

**Jump Board:** Designed to challenge and motivate students using innovative and simple Jump Board combinations separated with intervals of upper and lower body strength and flexibility exercises on the Reformer. This class combines cardio and strength conditioning that challenges the core and elevates the heart rate while focusing on proper jumping techniques. Instructor referral is required.

## Registration

Registration begins three-weeks prior to the start of the next session. **During the registration period we will start accepting registrations at 8:00 AM Monday.** You may register on-line beginning the next day (Tuesday) at [www.pymca.org](http://www.pymca.org). Non-member registration starts one week later. **\*\* You may only register for yourself.**

**First-time participants-** All new participants to the Reformer must register for an Intro Level Class.

**Fee Structure: Six-week sessions for all Level Classes.**

### YMCA Members:

One Class/week: \$50/six-week session  
Each additional class/week: \$30/six-week session

### Non-Members:

\$100/six-week session

**Class Number Minimum:** In order for a class to run we need a minimum of 4 participants. Please make sure you sign up for any classes before registration ends to ensure your class will run.

**Drop-in Rate/Procedures:** If there is space available in a class and you would like to attend that class, you can pay a daily drop-in rate of \$12.50 to attend that class on any given day. Payment must be made prior to the start of class. Receipt must be shown to the instructor.

**Make-up Policy:** If possible, notify your instructor at start of the session if you can not attend a class during that session. Make up classes expire 6 weeks after the end of that session. Instructors will keep track of participant attendance.

## REGISTRATION DATES

April 16– April 27  
May 29–June 8  
July 9–July 20

## SESSION DATES

May 7–June 16  
June 18–July 28  
July 30–September 8



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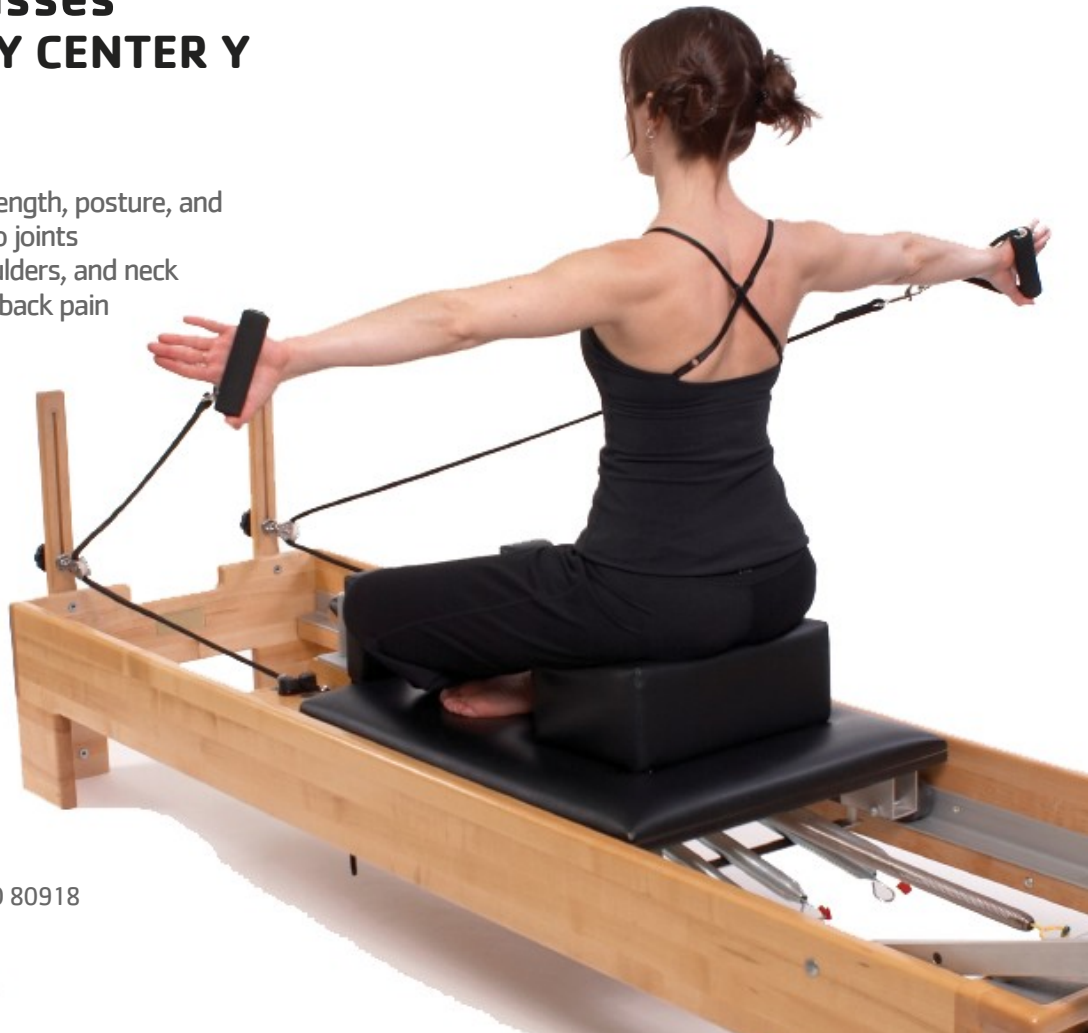
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