

Arapahoe YMCA
2800 Dagny Way
Lafayette, CO 80026
Phone: 303-664-5455
Fax: 303-664-5456

Mapleton YMCA
2850 Mapleton Ave
Boulder CO 80301
Phone: 303-442-2778

Register on-line at www.ymcabv.org



Pilates Reformer

April 2010 (schedule on back)

Ages 16+

\$80/\$110

Member/Non-member

6 Sessions

Pilates focuses on strengthening and stabilizing the core (abdomen, back and pelvic girdle) to improve posture and create long lean muscle. The Pilates Reformer is the most well known piece of Pilates equipment. It is a bed like frame with moveable carriage where a person sits or reclines and does his or her stretching, is an excellent way of exercising without hurting the joints while strengthening muscles.

Introduction to Pilates- Learning the basics. Focus on learning the reformer and how your body responds.

Level 1 Pilates- This class takes it up a notch. You know how it works....now you can focus on working your core. You will build on exercises you learned in the introductory class. Pre- requisite: Introduction to Pilates.

Level 2 Pilates- This class will challenge you as you continue to develop. You will build and review what you learned in Level 1, increasing spring tension and difficulty, performing exercises with control, focus and coordination while adding additional exercises. Pre- requisite: Level 1 Pilates.

Pilates in Motion- This class combines the best benefits of the reformer with the unique and revolutionary Kinesis movement system. Kinesis offers unrestricted movement in any direction using a system of cables and pulleys. Pre- requisite: Introduction to Pilates.

For additional information please go to www.ymcabv.org or contact Tina Dowe at 303-442-2778 ext. 2800.



The YMCA of Boulder Valley is an Association of people, of all ages, abilities, ethnic groups and religious affiliations who are united in a common effort with a worldwide fellowship, putting Christian principles into practice and enriching the quality of spiritual, mental and physical life for all.

Codes	Start	End	Class	Days	Start Time	End Time
AHW04/06PR-I6	4/06/10	5/11/10	Pilates Reformer Intro	Tue	6:35pm	7:30pm
AHW04/10PR-I	4/10/10	5/15/10	Pilates Reformer Intro	Sat	12:00pm	1:00pm
AHW04/14PR-I	4/14/10	5/19/10	Pilates Reformer Intro	Wed	6:00pm	7:00pm
AHW04/15PR-I	4/15/10	5/20/10	Pilates Reformer Intro	Thur	8:30am	9:30am
			Pilates in Motion			
AHW4/10PM	4/10/10	5/15/10	Pilates in Motion (\$85/\$115)	Sat	9:00am	9:55am

PLEASE NOTE REGISTRATION DEADLINE IS **24 HOURS PRIOR TO THE BEGINNING OF CLASS.**

MUST HAVE A MINIMUM OF 3 PEOPLE PER CLASS TO RUN THE CLASS