

VENICE YMCA PILATES REFORMER STUDIO

To give our members the variety a successful exercise program needs, we are proud to have brought Pilates Reformer training to the Venice Family YMCA. The Pilates studio is located upstairs and houses 5 Pilates Reformers, allowing us to offer both group classes, private and semi-private instruction. Our certified instructors are able to instruct all fitness and skill levels, from beginners to people who have been doing Pilates for years. The Pilates program focuses on the core and postural muscles, building up the abdominals, obliques and back muscles to support the spine. Pilates exercises teach awareness of breath and alignment of the spine and aim to strengthen the deep torso muscles. You will get a total body workout, developing long, lean muscles and a flatter midsection, all while improving your flexibility.



A free intro class is offered to introduce members to the Reformer, and to provide the basics on how this type of exercise works. Regular classes are offered Monday through Friday. Register for a regular monthly class or drop-in to any class where there is availability if you have a free hour in your day. Class schedules, as well as the classes available for drop-ins, are posted on the Pilates board. Stop by and check out our classes, and learn some valuable information about this innovative fitness trend.

Pilates Group Class Schedule for November 2017

5 participants per class maximum

Monday	Time	Type of Class	Instructor
	8:45 – 9:45 am	Reformer - \$ (I)	Lisa
	10:00 – 11:00 am	Reformer - \$ (B)	Lisa
Tuesday	Time	Type of Class	Instructor
	10:00 – 11:00 am	Reformer - \$ (I)	Lisa
	4:15 - 5:15pm	Reformer - \$ (B/I)	Linda
	5:30 - 6:30 pm	Reformer - \$ (B/I)	Linda
Wednesday	Time	Type of Class	Instructor
	7:45 - 8:45 am	Reformer - \$ (A)	Lisa
	9:00 – 10:00 am	Reformer - \$ (I)	Lisa
	4:15 - 5:15pm	Reformer - \$ (B/I)	Linda
	5:30 - 6:30 pm	Reformer - \$ (B/I)	Linda
Thursday	Time	Type of Class	Instructor
	10:00 – 11:00 am	Reformer - \$ (I)	Lisa
	4:15 - 5:15pm	Reformer - \$ (B/I)	Linda
	5:30 - 6:30 pm	Reformer - \$ (B/I)	Linda
	6:30 - 7:30 pm	Intro to Reformer – Free	Linda
Friday	Time	Type of Class	Instructor
	8:45 - 9:45 am	Reformer - \$ (I)	Lisa
	10:00 - 11:00 am	Reformer - \$ (B)	Lisa

A=ADVANCED

B=BEGINNER

I=INTERMEDIATE

An Intro to Reformer class in red is offered free and one Intro class is a requirement before registering for more classes or sessions. You may register for your introductory session at the front desk.

Classes are \$15/each (\$20/each ADVANCED) for members and \$22/each (\$27/each ADVANCED) for non-members. Classes are signed up for on a monthly basis. For example, if you chose to take the Monday at 8:45am class and there are 4 Mondays in a month, you would pay \$60 for the month of classes.

Drop-in fees are \$16/class (\$22/class ADVANCED) for members and \$23/class (\$29/class ADVANCED) for non-members. Any class with an available Reformer may be dropped-in on the day of the class. Check the Pilates Board to see if there is an availability tag for the class you would like to take. We cannot guarantee that there will be space available as

most classes fill. If you would like to take Pilates Reformer classes, your best option is to register for a class and reserve your Reformer.

Private sessions are \$50/hour members and \$60/hour non-members. Package discounts are available.

Semi-private (2 people at a time) sessions are \$40/hour per person members and \$50/hour per person non-members. Package discounts are available.

All TRANSACTIONS Final – No Refunds or Credits as of January 2, 2016.

For more information regarding our Pilates program, please contact

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