



Group Pilates Class Schedule

Must do an intake session to be entered into group classes.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	6:00 AM TO 7:00AM FULL MAT / TOWER / CHAIR WITH IRENE	6:00AM TO 7:00AM REFORMER WITH IRENE	6:00AM TO 7:00AM FULL REFORMER WITH IRENE		
	7:00 AM TO 7:45 AM MAT / TOWER / CHAIR WITH IRENE		7:00 AM TO 7:45 AM FULL REFORMER WITH IRENE		
11:00 AM TO 11:45 AM SENIOR REFORMER WITH IRENE				11:00 AM TO 11:45 AM SENIOR MAT/TOWER/ CHAIR	11:00 AM TO 11:45 AM FREE PILATES DEMO MUST RSVP TO JOIN
5:30PM TO 6:30PM TOWER / CHAIR WITH JAS		5:30PM TO 6:30PM REFORMER WITH JAS			

Reformer Pilates uses a horizontal moving carriage with springs for resistance. This focused workout improves balance and strengthens muscles using controlled movements. The reformer helps you work multiple muscle groups at the same time and the glide of the carriage allows dynamic movement helping to improve posture and body awareness while also increasing your flexibility.

Mat/Tower/Chair Pilates is a fixed vertical frame attached to the end of a mat. The machines has a range of equipment including leg and arm springs, a push-through bar, and a roll-down bar. These provide vertical resistance and support, working with gravity, in order to give you a deeper stretch and a greater range of motion making it a great way to release tension in the back, neck, and shoulders. The tower is also very effective at targeting specific muscle groups and improving spinal mobility.

Senior Pilates is a less intense version of reformer and tower Pilates intended for 60+.

INDIVIDUAL PILATES		PRICE PER SESSION	
30 min sessions		\$45	
60 min session		\$65	
GROUP PILATES		PRICE PER MONTH	EXPIRATION
Drop in 1 session		\$25	1 Month
Pilates Group monthly / 45 min		\$150	
Pilates Group monthly / 55 min		\$170	

Revolving billing continues month to month after initial commitment.

For any additional information or questions please contact Irene at 530.673.6900 x103 or irene@ycrc.com