



**FREE  
Classes**  
**RESERVE  
YOUR SPOT**

# PILATES REFORMER



**WHERE MEMBERSHIP MEANS MORE**

	MON	TUES	WED	THURS	FRI	SAT
5:30am		Meg				
6:30am	Sally			Sally		
8:30am		Meg		Meg		
9:00am			Elizabeth			
9:30am						Tanya
10:00am	Martha				Martha	
12:00pm	Martha		Martha		Martha	
1:00pm		Martha		Martha		
4:30pm	Martha		Martha			
5:30pm	Martha	Angelia		Martha		

- Please call to reserve your spot. All reservations can be made one day in advance.
- In consideration for others, please cancel your spot as soon as possible if you will not be able to attend.
- 8 Classes per month included with your membership. \$10/ per class after initial 8 classes.
- If this is your first class, please arrive 10 minutes early to set up your reformer.

**601.664.1955**

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**www.metroYMCAs.org**