



CORE REFORMER SCHEDULE

August 18–September 29

Church Health YMCA

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15 AM		Michelle T/Th		Michelle Tu/Th		
7:30 AM		Ronda Tu/Th		Ronda Tu/Th		
10:00 AM	Salpy M/W		Salpy M/W			Salpy Single
11:00 AM						Salpy Single
12:00 PM		Ronda Single		Salpy Single		
1:00 PM	Megan Single		Salpy W/F		Salpy W/F	
4:00 PM		Sara Single		Michelle Single		<p>Blue 1 session per week package</p> <p>Green 2 session per week package</p>
5:00 PM	Megan Single		Michelle Single			
6:00 PM	Megan Single	Sara Single	Michelle Single			

CORE REFORMER PILATES

Discover a smarter, more effective way to build strength and flexibility through Reformer Pilates. The Pilates Reformer is a specialized machine designed to deliver a challenging, full-body workout rooted in Pilates principles by strengthening and lengthening muscles. Reformer Pilates helps improve posture, increase endurance, and enhance overall well-being.

WHAT IS THE BENEFIT OF CORE REFORMER GROUP TRAINING?

This 6 week specialized program provides focused support in a small group of up to 4 participants. You get the benefit of working with our Pilates trainers at a fraction of the cost of a boutique studio.

WHO IS ELIGIBLE?

All active members at a YMCA Memphis and the Midsouth center who are 18+. All participants should be without injury or known medical condition that would be worsened by physical activity, or have medical clearance from a doctor, at the time of registration.

HOW DO I GET STARTED?

Visit the Church Health YMCA Welcome Center to register. A limit of 4 participants can be registered for each Core Reformer session. Full payment will be due at the time of registration to guarantee your spot. Program fees are non-refundable and non-transferable.

WHAT IF A SESSION IS MISSED?

Each Core Reformer package runs for 6 consecutive weeks (excluding holidays) with pre-determined days and times. Sessions missed by clients can not be made up. If a trainer must cancel a session due to illness or emergency, the extra session will be added at the end of the program.



**CORE
STRENGTH**



**ADJUSTABLE
RESISTANCE**



**FULL BODY
WORKOUT**

CORE REFORMER PILATES

6 week session packages begin August 18

- 1 session per week, \$125
- 2 sessions per week, \$250

Sessions are 45-50 minutes with a limit of 4 participants.

Multiple sessions may be purchased.

Registration opens August 11

For more information email churchhealth.fitness@ymcamemphis.org

