



CORE REFORMER SCHEDULE

October 13–Nov 22

Church Health YMCA

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15 AM						
8:00 AM		Ronda		Ronda Ages 50+		
10:00 AM	Salpy		Salpy		Megan	Salpy
11:00 AM						Salpy
12:00 PM		Ronda	Salpy	Salpy	Salpy	
4:00 PM		Sara		Michelle		
5:00 PM	Megan		Michelle			
6:00 PM	Megan	Sara				

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.