



FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

# STOTT PILATES REFORMER

## Next Session Begins

### Tuesday, Sept 7 – Friday Oct 8, 2021

### Registration starts Monday, Aug 23

*Tentative date for next session is Oct 11 – Nov 12...Reg. starts Sept 27*

**Beginner Reformer** – Learn 5 basic principles and all the exercises. Everyone must take one session of Beginners.

**Pilates Reformer** – This class will move smoother and is a continual resistance workout. It a combination of different levels (Essential, Plus, Intermediate and Advanced) "Plus" means the "Jumpboard" is added to the Reformer. The Intermediate and Advanced moves give more challenging options, but modifications are shown throughout to accommodate any fitness level.

#### Pay per Session

2x/wk. = \$35

\*1x/wk. = \$17.50

#### -Annual Fee

2x/wk = \$23.50 (monthly draft) \$282 paid in full

1x/wk = \$12 (monthly draft) \$144 paid in full

*Automatically signed up for every session with the Bank Draft or Annual Fee*

#### Non-Members

2x/wk \$70 per session (\$564 paid in full)

1x/wk \$35 per session (\$288 paid in full)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		*Pilates Reformer 5:30-6:15am Abbie		*Pilates Reformer 5:30-6:15am Deb	
Pilates Reformer 8:15-9:00am Stephanie		Pilates Reformer 8:15-9:00am Stephanie		*Beginner Reformer 8:15-9:00am Stephanie	
	Pilates Reformer 9:15-10:00am Wendy B.		Pilates Reformer 9:15-10:00am Wendy B.		
					* = 1x a week class
	*Pilates Reformer 6:30-7:15pm Wendy G.		*Pilates Reformer 6:30-7:15pm Jennifer		
			*Beginner Reformer 7:15-8:00pm Jennifer		

**Personal Training also available... Contact Terrill Meier @605-225-4910**

[tmeier@aberdeenymca.org](mailto:tmeier@aberdeenymca.org)