

PILATES REFORMER

SATURDAYS

FEB 7, 14, 21, 28

10:30-11:30AM

INSTRUCTOR: JANENE

**FIRST COME FIRST SERVE ONLY 9
MACHINES AVAILABLE**

BEGINNER PILATES

THURSDAYS

FEB 5, 12, 26

6:30-7:30PM

INSTRUCTOR: JANENE



**Questions: Email Terrill at
tmeier@aberdeenyumca.org
or call 605-225-4910**