



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

INCREASE STRENGTH AND STAMINA

Pilates Reformer FALL Session FAUNTLEROY YMCA



WHEN
SEPTEMBER 11 TO OCTOBER 22

Monday	9:45am - 10:45am ☺	Kirsten
Monday	10:45 - 11:45am	Antje
Tuesday	10:30 - 11:30am ☺	Carrie
Tuesday	5:30 - 6:30pm	Amy
Wednesday	9:45 - 10:45am ☺	Sarah
Thursday	10:10 - 11:10am ☺	Carrie
Thursday	11:10 - 12:10pm	Carrie
Thursday	5:00 - 6:00pm	Amy
Friday	10:45-11:45am	Lauren
Saturday	8:15 - 9:15am	Kirsten
Saturday	9:15 - 10:15am	Kirsten

☺ Child care Available

FEES

6 weeks, once weekly
Facility Members \$138 (\$23/class)
Community Participants \$198 (\$33/class)

REGISTER

In person at Member Services or online at
westseattleyymca.org starting September 1

Make-up classes are only offered when there is a spot available in an existing class. They are not guaranteed.

CANCELLATION & REFUND POLICY

To receive a full refund, a cancellation must be submitted prior to first day of class. A Y credit will be issued for consecutive days of illness which cause the participant to miss the remainder of the session. Written verification from a healthcare provider is required.

Late enrollments will be prorated. If the YMCA must cancel a class, a full credit will be issued.

NEW TO REFORMER?

If you are new to Pilates Reformer, contact Antje for a free demo.

QUESTIONS

Antje Staudt, Pilates Reformer Supervisor
astaudt@seattleyymca.org

FAUNTLEROY YMCA

9140 California Ave SW, Seattle, WA 98136
P 206 937 1000 westseattleyymca.org

Everyone is welcome. The YMCA of Greater Seattle strengthens communities in King and south Snohomish counties through youth development, healthy living and social responsibility. **Financial assistance is available.**



FOR YOUTH DEVELOPMENT®
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INCREASE STRENGTH AND STAMINA

Pilates Reformer FALL Session WEST SEATTLE YMCA

WHEN
SEPTEMBER 11 TO OCTOBER 22

Monday	10:00 - 11:00pm ☺	Kari
Monday	5:30 - 6:30pm ☺	Lauren
Tuesday	6:00 - 7:00am	Kari
Tuesday	5:30 - 6:30pm ☺	Joan
Tuesday	6:30 - 7:30pm ☺	Joan
Tuesday	7:30 - 8:30pm	Joan
Wednesday	10:00 - 11:00am ☺	Kari
Wednesday	5:30 - 6:30pm ☺	Lauren
Thursday	10:30 - 11:30am ☺	Antje
Thursday	12:00 - 1:00pm ☺	Amy
Thursday	5:30 - 6:30pm ☺	Joan
Thursday	6:30 - 7:30pm ☺	Joan
Thursday	7:30 - 8:30pm	Joan
Friday	6:30 - 7:30am	Kari
Saturday	10:45 - 11:45am ☺	Amy
Saturday	11:45 - 12:45pm	Amy
Sunday	10:15 - 11:15am	Kari

☺ Child care Available

QUESTIONS

Antje Staudt, Pilates Reformer Supervisor
astaudt@seattleyymca.org



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WEST SEATTLE YMCA

3622 SW Snoqualmie St Seattle, WA 98126
P 206 935 6000 westseattleyymca.org

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