



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Balance Strength Flexibility

PILATES

Monday Evenings 6:15-7:15

Participants may experience improvements in overall strength and muscle tone, posture, flexibility and balance. Acquire stronger abs while using concentrated, controlled and precise movements.

Pilates is a low impact, mat based class for all levels.

Pilates is one of many free classes for YMCA members.

During Pilates, the gym is reserved for those who are participating in the class. Proper fitness footwear is required. Due to safety concerns class sizes are limited.

Fountain Valley YMCA

301 E. Iowa Avenue Fountain CO 80817

P 719 382 1561

www.ppymca.org/fountain-valley-ymca

