

PARKWOOD YMCA PILATES REFORMER SCHEDULE

STUDIO CLASSES FOR AUGUST 31 – SEPTEMBER 28

(Monday August 31st through Monday September 28th, no class Labor Day Monday September 7th)

*Pre-Registration for entire month required

*Registration opens 7/10/2026

Date revised 7/10/2026

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00 AM	Small Group Reformer Jen (60) Pilates Studio	Small Group Reformer Jen (60) Pilates Studio		Small Group Reformer Erin (60) Pilates Studio		Small Group Reformer Becky (60) Pilates Studio	Small Group Reformer Alison (60) Pilates Studio
10:15 AM							
12:00 PM	Small Group Reformer Tara (60) Pilates Studio		Small Group Reformer Erin (60) Pilates Studio		Small Group Reformer Tara (60) Pilates Studio		
4:00 PM				Small Group Reformer Tara (60) Pilates Studio			
5:45 PM		Small Group Reformer Alison (60) Pilates Studio	Small Group Reformer Alison (60) Pilates Studio				

Privates are available with Alison, Becky, Erin, Jen, Tara and Kristine! Fill out the inquiry form on our website: lansingymca.org/groupfitness