

PARKWOOD YMCA PILATES REFORMER SCHEDULE

STUDIO CLASSES FOR NOVEMBER 2 – DECEMBER 20

6-week session (Monday November 2nd through Sunday December 20th)

NO CLASS Thanksgiving Week (Monday 11/23-Sunday 11/29)

*Pre-Registration for entire month required

*Registration opens 10/19/2026

Date revised 10/19/2026

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00 AM		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
12:00 PM	Small Group Reformer Tara (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