



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

REFORMER STUDIO SCHEDULE

Monday Tuesday Wednesday Thursday Friday Saturday Sunday

**November
2026**

**CLASS LOCATION
STUDIO B**

**\$15/CLASS
Member**

**\$30/CLASS
Program
Member**

**Grip Socks
Required**

Can be purchased
at desk for \$5

No refunds

**Class level
descriptions on
back**

	10:00 AM JOY LEVEL 1	10:00 AM SUZANNE ALL LEVELS	10:00 AM MYKAYA ALL LEVELS			10:00 AM JULIE ALL LEVELS
	11:00 AM JOY ALL LEVELS	11:00 AM SUZANNE ALL LEVELS		11:15 AM JOY ALL LEVELS	1:30 PM JULIE ALL LEVELS	11:00 AM JULIE ALL LEVELS
	5:30 PM SUZANNE ALL LEVELS		5:30 PM JULIE LEVEL 1			
		6:30 PM JOY ALL LEVELS	6:30 PM JULIE ALL LEVELS			
						Updated 9/16

Cancel 24-hours PRIOR to class to receive a system credit for a future class

Central YMCA

933 Mentor Avenue, Painesville, OH 44077
P 440 352 3303 www.lakecountyyymca.org

- **Level 1**

- Best for beginners, those returning from injury, or anyone preferring a slower, technique-driven pace. Focus is on learning the basics before advancing.

Suitable for individuals with hip, knee, or shoulder replacements or balance concerns.

- **All Levels**

- Includes basic Pilates exercises along with progressions and intermediate moves. Instructors help you “level up” or “level down” each exercise by making it harder or easier depending on what your body needs that day.

Class moves at a moderate, steady pace, giving you time to focus on form while still keeping the flow. Suitable for individuals that are comfortable kneeling and standing on the reformer.