

# Pilates



## Pilates

Instructor: Gail Karanovich

5 Tuesdays  
Sept 6 - Oct 4, 2011  
5:30 - 6:30 PM

Participants will learn the amazing core-conditioning aspects of Pilates, a variety of low-impact exercises to tighten the mid-section, glutes and thighs! This discipline is great for all ages and exercise levels. Bring a mat or towel to be used during class. All you need is your mind and your body for noticeable results!

**Class Fee: \$50 Members**

*The YWCA reserves the right to cancel any program due to insufficient registration. In the event of cancellation, program fees (minus membership) will be refunded. Refunds (minus \$5 processing fee) will also be given for illness certified in writing by a physician. For a copy of the complete refund policy, contact the YWCA.*

### YWCA Westmoreland County

424 North Main Street • Greensburg, PA 15601

Phone: 724 834-9390 / E-Mail: [Info@ywcawestmoreland.org](mailto:Info@ywcawestmoreland.org)

Web Site: [www.ywcawestmoreland.org](http://www.ywcawestmoreland.org)

**eliminating racism  
empowering women**  
**ywca**

----- -Please Complete and Return to the YWCA - -----  
**Pilates(Sept - Oct 2011) 5:30 - 6:30 PM)**

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_

E-Mail Address: \_\_\_\_\_

**YES** Please send me E-mails about upcoming YWCA events/classes  **No** I do not want to receive E-mails

**Indemnity Agreement:** I agree to hold the YWCA, its agents, officers, and employees, harmless from any and all liability claims, judgements, damages, or injuries to my person and/or property from any participation in this activity.

Please sign and date: \_\_\_\_\_