



Pilates Registration

Yates Community Center

463 North Main Street, Penn Yan, NY 14527
(the front small brick building formally the fitness center)
315-694-1071

Beginning May 4, 2016
Wednesday 9 am—10 am
Series: May 4th, 11th, 18th, & 25th

Georgann Farrell
will be leading Pilates classes at Yates Community Center
All fitness levels are welcome

Have fun & get started with a new fitness routine!

Pre-registration required please

\$20 / 4 classes for members
\$28 / 4 classes for nonmembers

Please bring a towel, exercise mat and water bottle.

REGISTRATION INFORMATION:

Name: _____
Email: _____ Address: _____
Phone: _____
Payment: _____
Notes: _____

To register: Call Pam at 315-694-1071 or print registration form online at www.yatescommunitycenter.org
OR Pay Georgann at the class or pay at the Yates Community Fitness Center,
467 N. Main Street, Penn Yan, NY 14527.

Hours to register at the fitness center are Mon.-Thurs. 9AM-7PM, Fri. & Sat. 9AM-3PM
Please make checks payable to **YCRR**. Payment is due in full prior to the start of the sessions.





Pilates



Yates Community Center

Wednesdays in the front small brick building, 463 North Main Street

Pilates is for you.

Pilates is a method of controlled movements through the use of alignment, breathing to improve core strength, coordination and balance, flexibility, strength and endurance in the entire body. Pilates' is for everyone, beginner to advanced.

Wednesday, May 4, 2016, 9 am—10 am Series: May 4th, 11th, 18th, & 25th

Have fun & get started with a new fitness routine! Please bring a towel, exercise mat and water bottle. All fitness levels are welcome.

Instructor: Georgann Farrell, a Personal Fitness Trainer, NESTA (National Exercise & Sports Trainers Assoc.), will be leading Pilates classes at the Yates Community Center. Georgann will inspire, encourage, motivate, and commit herself to this class with the same enthusiasm, knowledge and goal setting qualities she instills in all her personal training clients.

Cost:

\$20 / 4 classes for members

\$28 / 4 classes for nonmembers

***Pre-register at the Yates Community Fitness Center
Registration Forms online at yatescommunitycenter.org***

467 N. Main Street 315-694-1071

Visit: yatescommunitycenter.org

Contact: pamgriffith@yatescommunitycenter.org

