

## Pilates Reformer Training at the J

- All Pilates classes are 55 minutes
- Introduction to Pilates and assessment are complimentary
- All Pilates programs are available at the Staenberg Family Complex (Creve Coeur)
- Private Pilates and duets (two people) training are available at the Marilyn Fox Building (Chesterfield)



### Pricing

#### Private Pilates Reformer Training: 55 minute sessions

1-7 sessions	\$60
8-15 sessions	\$58
16 or more sessions	\$56

#### Introductory Pilates Reformer Training Package

3 sessions	\$149
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#### Semi-Private Pilates Reformer Training: 2 or 3 participants\*

Duet training	\$35 (\$30 if 10 or more sessions purchased)
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Trio training	\$30
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*\*all pricing is per person/per session*

#### Small Group Reformer Training: 4 participants

Once a week (4 weeks)	\$88/session
Drop-in:	\$25/class

For your complimentary assessment or to register, contact Monica Siebert at 314-442-3490 or [msiebert@jccstl.org](mailto:msiebert@jccstl.org).

# Experience Reformer Pilates at the J

SCHEDULE YOUR FREE ASSESSMENT NOW!



JEWISH COMMUNITY CENTER  
FITNESS FOR EVERYBODY



## The Pilates Method™

A unique set of exercises that lengthens and tones muscles while strengthening the body's core. Exercises emphasize controlled, precise movements which enhance performance in everyday activities.

## The Reformer

The Pilates Reformer creates an effective workout for all fitness levels. It is equipped with a sliding carriage and adjustable springs that are used to regulate tension and resistance. Cables, bars, straps and pulleys allow the exercises to be done from a variety of positions.

## Benefits of Pilates Reformer Training

For over nine decades, Pilates enthusiasts have practiced these methods to:

- Strengthen core muscles
- Improve posture, coordination and balance
- Increase flexibility and energy
- Ensure proper body alignment
- Tone the body without adding bulk
- Perform a challenging workout without unnecessary stress on joints
- Enhance and compliment Pilates mat work

## Is it right for me?

The Pilates Method is practiced by people of all ages and fitness levels. Professional dancers and athletes utilize the Method to build strength, increase flexibility and prevent injury. Since Pilates is a low-impact form of exercise that focuses on abdominal and back strengthening, it has become the exercise program of choice for people with chronic pain.



**“The Pilates Method™ of body conditioning develops the body uniformly, corrects posture, restores vitality, invigorates the mind and elevates the spirit.”**

- Joseph Pilates

## Pilates Reformer Training at the J

Train on our Stott Pilates Reformers with a nationally certified Pilates instructor. Enjoy a complimentary private session to evaluate your needs, and decide the Pilates program that is best for you.

## Private Training

Private sessions can be made on an individual basis. During these 55-minute sessions, you will be guided through a customized workout designed to achieve your goals. You will see results as you improve your technique and further develop your abilities.

## Semi-Private Training (2-3 participants)

Semi-private training allows you and a friend to exercise together. Sharing the benefits and experience of training with a friend is a fun and motivating way to enhance your quality of life.

## Small Group Training (Up to 4 participants)

Small groups emphasize rhythmic, fluid movements performed in unison. With guided instruction, each session builds upon the previous, challenging the group and maximizing results. Generally sessions meet four times a month, once a week, beginning the first FULL week of the month. Participants are required to complete three Private Pilates sessions to ensure safety, understanding of the essential principles and creates a strong foundation.

**“In 10 days you will see a difference, in 20 days you will feel a difference and in 30 days, you will have a whole new body.”**

- Joseph Pilates