

# Reformer Pilates will Continue with New Leadership

Dear Reformer Pilates Users,

It's a bittersweet time for me as the Reformer Pilates program nears its third year and continues to grow and become better than ever. While I'm proud and thrilled with the direction the program is moving, I have decided to step down as the manager; however I will continue to work as an instructor and look forward to continuing to teach various classes. I feel blessed that I was able to manage a program I truly believe in and have developed such wonderful relationships over that time.

Beginning February 4, your new contact people will be Bernie Suddarth (Fox Building) at 314-442-3452 ([bsuddarth@jccstl.org](mailto:bsuddarth@jccstl.org)) and Brooke McGee (Staenberg Family Complex) at 314-442-3210 ([bmcgee@jccstl.org](mailto:bmcgee@jccstl.org)). Both Bernie and Brooke have been with the J for several years and will be happy to answer any questions. There is currently a search for a replacement and we will pass along the information as soon as it becomes available.

I hope you have found the new monthly brochure calendars insightful and easy to read. Hopefully many of your questions can be easily answered by referring to the information in the brochure.

Thank you again for all the memories and I'll see you in the studio!

Sincerely,  
Monica Siebert  
314-442-3490 or [email](#)

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## FAQ: Reformer Small Group Pilates

### When are the sessions?

- Sessions begin the first of each month and ends on the last day of the month.
- Small groups meet at their designated day and time each week.

### What is required to join a small group?

- Be a member of St. Louis Jewish Community Center.
- Be at least 12 years of age.
- Be a healthy individual with no health complications.
- Complete three one-hour Private Pilate's sessions with one of our nationally certified Pilates instructors.

### How Do I register for a small group session?

- Contact Brooke McGee at 314-442-3210 or [bmcgee@jccstl.org](mailto:bmcgee@jccstl.org) (SFC – Creve Coeur)
- Contact Bernie Suddarth at 314-442-3452 or [bsuddarth@jccstl.org](mailto:bsuddarth@jccstl.org) (Fox – Chesterfield)

### Once I am registered, what do I do?

- Show up for each session on time.
- Appropriate, comfortable clothing is expected and required (please ask the instructor if you have any questions).

### What if I miss a class?

- Each participant is able to make-up one class per session.
- The make-up session must be completed within 30 days of the absent day.

## February 2012

### Staenberg Family Complex Small Group Reformer Pilates Classes

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Nicole 9:15am – L1 & L2  Monica 2:00 pm – L1 & L2  Loretta 6:15 pm - L1 & L2	Kim 9:30 am - L1 & L2 10:30 am - L1	Heather 8:30 am - L1  Elena 5:30 pm - L1 & L2	Nicole 5:30 pm - L1 & L2		<b>Bonus class</b> <b>Feb. 4</b> <b>10:30</b> <b>Loretta</b>

### Marilyn Fox Building Small Group Reformer Pilates Classes

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Kim 8:30 am - L1 & L2	Kristin 8:30 am - L1 & L2		Monica 9:30 am - L1 & L2	Kim 9:30 am - L1 & L2	Kim 8:30 am - L1&L2	

**Level 1** - Beginner repertoire: for those who are new to the Pilates reformer

**Level 1 & Level 2** - Beginner to intermediate repertoire

**Level 2** - Intermediate repertoire