

Getting Started

When are the sessions?

- Sessions run monthly.
- Sessions start at the beginning of each new month.
- Small groups meet at their designated day and times each week.

Who can participate in a small group class?

- J members 12 years and older. Non-members can for an additional \$10 fee.
- Individuals with no health complications. If unsure, consult with a physician before beginning a new fitness program.
- Must have completed three, one-hour private Pilates sessions or a four-session introductory class with a J certified Pilates instructor (those with experience may be exempt with instructor approval).

Can a current participant register for an upcoming session?

- Current small group participants have until the end of the second week of their current session to secure a spot for the upcoming month. Payment secures your spot.

Can I make up a missed class?

- Registered participants may receive one make-up class per session (within 30 days) upon availability. If a registrant reserves a reformer for a make-up class, he/she must attend or the make-up class will be forfeited.

Can I drop in (pay-per-class)?

- Eligible users may sign up for individual classes. Payment must be complete prior to class to reserve a reformer. Drop-in classes are nonrefundable.



The Pilates Method™

Unique exercises which lengthen and tone muscle while strengthening the body's core using controlled, precise movements which enhance your ability in everyday activities.

The Reformer

The Pilates Reformer is equipped with a sliding carriage and adjustable springs used to regulate tension and resistance. Cables, bars, straps and pulleys allow the exercises to be done from a variety of positions.

Benefits of the Pilates Reformer

- 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 complement Pilates mat work



Reformer Pilates

Enhance, Strengthen & Tone

Small Group Training Schedule



Staenberg Family Complex
&
Marilyn Fox Building
Fall 2017

**Try
Reformer
Pilates – First
Class is Free!**



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jccstl.org



Reformer Pilates

Train more,
save more!



Your instructors...



Kristin Dabney



Stacey Jacob



Kim Lieberman



Valerie Love



Elana Lyashenko



Maxine Mirowitz



Heather Needleman



Monica Siebert



Susan Sippel



Amber Specter



Loretta Wang

All instructors are Reformer Pilates certified.

Staenberg Family Complex

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Join an Intro Class today! Intro sessions consist of four classes and are intended for beginners only. Upon completion, participants are encouraged to join a Reformer class and expand their abilities. <i>Four Classes</i> \$75m \$100p
Loretta 9:45am	Stacey 6pm	Kristin 9:30am	Maxine 5:30pm	Stacey 5:30pm	Maxine 8:30am 9:30am	Amber 8am 9am	
Kim 8:30am	Monica 9:30am 10:30am - Intro	Stacey 9:30am 10:30am Stacey 5:30pm	Monica 9:30am	Stacey 9:30am Susan 10:30am	Stacey 9:30am - Circuit	Stacey 9:30am	

Marilyn Fox Building

Small Group Pricing

Monthly Registration*

2x per week	\$20/class
1x per week	\$22/class

Drop-in Rates

Registered participants	
1x individual class	\$22/class
Non-registered participants	
1x individual class	\$25/class

*Number of classes will vary by month. Participants must register for specific class session consistently for the month. For general public rates, add an additional \$10 per session.

For more personalized Reformer Pilates Training, try...

Private Training

Private sessions are scheduled for the convenience of the individual. Increase ability and improve technique during these 55-minute sessions the instructor of your choice.

1-7 sessions	\$65
8-15 sessions	\$57
16+ sessions	\$54

Train more
Save more!

Duet Training

Increase motivation and share the experience during a semi-private session as you both exercise and increase skill.

\$35 per person

Questions?

Staenberg Family Complex

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Marilyn Fox Building

Stacey Jacob, 314.442.3453, sjacob@jccstl.org

*Updated 10/2/17