

## 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 non-refundable.



## 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



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# Pilates Reformer

Small Group Training Schedule

*Enhance, Strengthen & Tone*



Staenberg Family Complex  
&  
Marilyn Fox Building  
Winter 2018

**Classes  
available  
daily!**

[jccstl.org](https://jccstl.org)



# Pilates Reformer

Staenberg Family Complex



## Marilyn Fox Building

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	<b>Join an Intro Class today!</b>  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.  <b>Four Classes</b> <b>\$75m</b> <b>\$100p</b>
Loretta 9:45am	Stacey 9:30 - Intro  Stacey 6pm	Kristin 9:30am	Maxine 5:30pm	Stacey 5:30pm	Maxine 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	

\*Updated 1/15/18

## Get Started Today

### 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.

## Personalize Your Reformer Training

### Private, Duet & Trio Training

You pick the instructor and you pick the times for these 55-minute sessions. Add one or more friends and share your skills and abilities while increasing your motivation.

	Private	Duet	Trio
1-7 sessions	\$75/ea	\$50/ea	\$30/ea
8-15 sessions	\$65/ea	\$45/ea	\$25/ea
16+ sessions	\$60/ea	\$40/ea	\$20/ea

**Train more  
Save more!**

## Need to Know

- Classes focus on the Pilates Reformer and may grow to include the Pilates Tower, Chair, Table and more
- Completing an introductory group (four weeks) or three personal one-on-one sessions is required
- Schedule is subject to change, classes may be added if interest necessitates
- Reformers are limited and subject to availability

## Meet your instructors...

*All instructors are Pilates Reformer certified.*



Kristin Dabney



Stacey Jacob



Kim Lieberman



Valerie Love



Elena Lyashenko



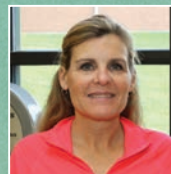
Maxine Mirowitz



Heather Needleman



Monica Siebert



Susan Sippel



Amber Specter



Loretta Wang

## Questions?

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