

Getting Started

When are the sessions?

- Sessions run per month and require a monthly registration.
- 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.

Meet your instructors...



Kristin Dabney
SFC



Stacey Jacob
SFC & Fox



Kim Lieberman
Fox



Maxine Mirowitz
SFC



Monica Siebert
Fox



Susan Sippel
Fox



Amber Specter
SFC



Loretta Wang
SFC

All instructors are Pilates Reformer certified.



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.

Benefits of the Pilates

- 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

Our Pilates Studios include

| | |
|----------------|-----------|
| Barrels | Reformers |
| Cadillac (SFC) | Towers |
| Chairs | and more |
| Rebounders | |



facebook.com/jccstl



Pilates Studio

Small Group Training Schedule

Enhance, Strengthen & Tone



Staenberg Family Complex
&
Marilyn Fox Building
Summer 2018

**Classes
available
daily!**

jccstl.org



Pilates Studio

Staenberg Family Complex



Marilyn Fox Building

| 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. Four Classes \$75m \$100p |
|-------------------|---|---------------------------------------|------------------|--------------------------------------|----------------------------|------------------|---|
| Loretta 9:45am | Stacey 9:30 - Intro Stacey 6pm | Kristin 9:30am | Maxine 5:30pm | Stacey 5:30pm | Maxine 9:30am | Amber 9:00am | |
| Kim 8:30am | Monica 9:30am | Stacey 9:30am 10:30am 5:30pm | Monica 9:30am | Stacey 9:30am Susan 10:30am | Stacey 9:30am - Circuit | Stacey 9:30am | |

*Updated 6/1/18

Need to Know

- 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
- Pilates equipment are limited and subject to availability

Questions?

Stacey Jacob,
Pilates Studio Manager
314.442.3453, sjacob@jccstl.org

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!

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.

So you think you have Pilates mastered?

Pilates Machines Offer Even More Chances for Specialized Training!

Utilizing various machines adds emphasis to working out your arms, legs, hips, back and dares you to increase flexibility. Classes can also include blasts of cardio, to make it an all-encompassing workout. Or experience a circuit workout and utilize several pieces of equipment in a session. This is a fun and effective way to sculpt and gain strength, while keeping your body guessing and adapting to the new movements.



Spine Corrector



Chair



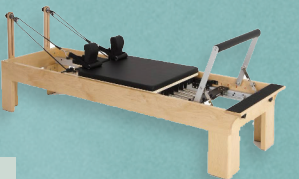
Cadillac



Barrel



Tower



Reformer

We also offer BOSU's, Magic Circle's, Bands, Weights, Foam Rollers

Schedule your free Pilates Studio trial session today!
Contact: Stacey Jacob, 314.442.3453, sjacob@jccstl.org