

## 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.

## New to Reformer Pilates?

Join a four session Intro Class for only \$75!

OR

Experience three private sessions for only \$149!

Upon completion of either intro package, you will be eligible to participate in any Small Group Reformer Pilates sessions. Call and reserve your Reformer today!

Special  
Intro  
Pricing!

## The Pilates Method™

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

### Benefits of Pilates

#### Reformer Training

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 complement Pilates mat work

### The Reformer

The Pilates Reformer 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.

### Meet the Instructors



Kristin Dabney



Stacey Gerst



Alana Krone



Kim Lieberman



Valerie Love



Elana Lyashenko



Maxine Mirowitz



Heather Needleman



Monica Siebert



Susan Sippel



Lindsey Terry



Loretta Wang

All instructors certified for Reformer Pilates training

# Reformer Pilates Studio

Enhance, strengthen and tone with Pilates!

## Small Group Training Schedule



Now  
includes  
Intro  
Classes!

Stenberg Family Complex  
&  
Marilyn Fox Building  
Summer 2015

jccstl.org

JEWISH COMMUNITY CENTER  
FITNESS FOR EVERYBODY



# Reformer Pilates

New Intro Classes available!



## Staenberg Family Complex

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Loretta 6:15pm - L1 & L2	Kristin 9:30am - L1 & L2 Kristin 5:30pm - L1	Heather 9:30am - L1 Maxine 5:30pm - L1	Stacey 5:30pm - L1 & L2	Maxine 8:30am - L1 9:30am - L1	

## Marilyn Fox Building

Kim 8:30am - L1 & L2	Monica 9:30am - L1 & L2 10:30am - <b>Intro</b> Valerie 4:30pm - <b>Intro</b> 5:30pm - L1 & L2	Maxine 9:30am - L1 10:30am - L1	Monica 9:30am - L1 & L2 Stacey 10:30am - <b>Intro</b>	Stacey 9:30am - L1 & L2 10:30am - L1	Valerie 8:30am - L1 & L2 Stacey 9:30am - <b>Circuit</b>	Alana 9:30am - L1 & L2 Stacey 10:30am - L1
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**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

Level 1 - Beginner repertoire: for those who are new to the Pilates reformer and completed an introductory course. Level 2 - Intermediate repertoire

Updated 7/27/15

### Contact Information

**Staenberg Family Complex**  
Brooke McGee, 314-442-3210, bmcgee@jccstl.org

**Marilyn Fox Building**  
Stacey Gerst, 314-442-3453, sgerst@jccstl.org

For more information or to register, call Brooke or Stacey.

### 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

### 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.

