| Name | | |
|---|---------------------------|------------------------------|
| Phone 1 | | |
| Phone 2 | | |
| E-mail | | |
| I work out at the: | | |
| ☐ Staenberg Family Co☐ Marilyn Fox Building | | |
| My Primary Fitness Goal is_ | | |
| ☐ I would like to be | contacted about Pilates | Studio Programs. |
| How often would you like to | receive pilates training? | |
| Once a week | ☐ Twice a week | ☐ More |
| ☐ Once a month | ☐ Twice a month | □ Other |
| What type of training are you | ı interested in? | |
| □ One-on-one | Duet training (2 people) | ☐ Small group (3+ people) |
| When do you prefer to work | out? | |
| □ 6:00-8:00am | □ 8:00-11:00am | |
| □ 11:00am-2:00pm | □ 2:00-6:00pm | |
| □ 6:00-9:00pm | Other | |
| Other comments: | | |
| | | |

J Fitness - Pilates, 2 Millstone Campus Dr., St. Louis, MO 63146

We can't wait to get started!

How do I start Small Group Training?

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?

- J members 12 and older, and general public participants may join for an additional \$10.
- Individuals with no health complications. If unsure. consult with a physician before beginning any 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.

What if I cannot attend a class?

- We request you call a minimum of 24-hours in advance of your class time if you are unable to attend.
- Make-up classes will only be made available to those who provide a 24-hour cancellation notice.

Can I make up a missed class?

- Registered participants will be allowed to make up classes within 30 days of original purchase date and a 24-hour cancellation notice.
- Should a participant reserve a space for a makeup class and fail to attend without a cancellation notice, 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 spot. 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.

Benefits of the Pilates Studio

- 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

Meet your instructors...













All instructors are Pilates Reformer certified.



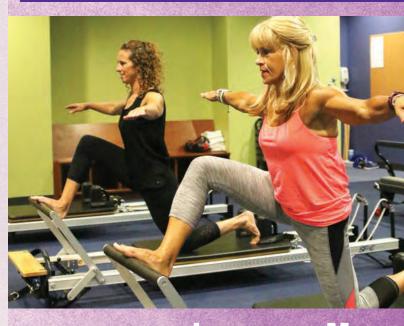




Pilates

Private & Small Group Training

Enhance, Strengthen & Tone



Private instruction also available!

January – May 2020

taenberg Family Complex & arilyn Fox Building



Pilates





Stacev

9:30am - Circuit



Staenberg Family Complex

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Join an Intro |
|--------------------------|----------------------|---------|----------------------------------|-------------------------|-------------------------|------------------------------|--|
| Loretta 9:45am | Stacey 6pm | | Stacey 8am Amber 5:30pm | Stacey 5:30pm | Maxine 9:30am | Amber 8am Amber 9am | Class today! Intro sessions consist of four classes and are intended for |
| Marilyn F | ox Buildin | 9 | | | | | beginners only. Upon completion, participants are encouraged to join |
| | | Stacov | Monica 9:30am | Stacey | | | a Reformer class and expand their abilities. |

9:30am

Susan

10:30am

*Schedule subject to change without notice.

*Updated 1/13/20

Four Classes

\$75m

\$100p

Core & More

Kim

8:30am

. Offers two diverse workouts in one; hitting more areas of the body allowing for more achievements

Monica

9:30am

- Core focus will be performed on a Pilates Reformer through various strength building movements
- Boot camps (more) will be led by a certified trainer using a circuit-style strength and power cardio training

Questions?

Stacey Burian, Pilates Studio Manager 314.442.3453, sburian@jccstl.org

Personalize Your Pilates Training

Private, Duet & Small Group Training

Stacey

10:30am

5:30pm

Stacev

9:30am

10:30am

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 |
| | | | |



Get Started Today

Stacev

9:30am

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

\$25/class 1x individual class

*Number of classes will vary by month. Equipment subject to availability. 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.



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