

☐ **Yes! I am interested in improving my health through Pilates Training**

Name _____

Phone 1 _____

Phone 2 _____

E-mail _____

I work out at the:

- ☐ Staenberg Family Complex (Creve Coeur)
☐ Marilyn Fox Building (Chesterfield)

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 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: _____

Please leave your completed form with the fitness desk or mail to:
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 make-up 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...



Stacey Burian
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.



Pilates Studio

Private & Small Group Training

Enhance, Strengthen & Tone



**January – May
2020**

**Private
instruction
also
available!**

**Staenberg Family Complex &
Marilyn Fox Building**

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 6pm		Stacey 8am Amber 5:30pm	Stacey 5:30pm	Maxine 9:30am	Amber 8am Amber 9am	
Kim 8:30am	Monica 9:30am	Stacey 9:30am 10:30am	Monica 9:30am Stacey 10:30am 5:30pm	Stacey 9:30am Susan 10:30am	Stacey 9:30am - Circuit	Stacey 9:30am	

*Schedule subject to change without notice.

*Updated 1/13/20

Core & More



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

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

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. 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.



Spine Corrector



Chair



Cadillac



Barrel



Tower



Reformer

Also available: BOSU's, Magic Circle's, Bands, Weights, Foam Rollers

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