

☐ **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...



Brandi Gruber
Fox



Valerie Love
SFC



Maxine Mirowitz
Fox



Monica Siebert
Fox



Susan Sippel
Fox



Loretta Wang
SFC

All instructors are Pilates Reformer certified.

Pilates Studio

Private & Small Group Training

Enhance, Strengthen & Tone



**October – December
2021**

**Private
instruction
also
available!**

**Staenberg Family Complex &
Marilyn Fox Building**

jccstl.org



Pilates Studio

Staenberg Family Complex



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Loretta 9am	Valerie 6pm			Valerie 5:30pm		

Marilyn Fox Building

	Monica 9:30am	Brandi 9am 10am	Susan 9am	Brandi 9am 10am	Maxine 8:30am Brandi 9:30am	
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*Schedule subject to change without notice.

*Updated 10/11/21

Questions?

Bernie Suddarth, Fitness Director
314.442.3452, bsuddarth@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	\$160/month
1x per week	\$88/month

Drop-in Rate

\$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: Bernie Suddarth, 314.442.3452, bsuddarth@jccstl.org