

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 Jacob



Alana Krone



Kim Lieberman



Valerie Love



Elana Lyashenko



Maxine Mirowitz



Heather Needleman



Monica Siebert



Susan Sippel



Amber Specter



Lindsey Terry



Loretta Wang

All instructors certified for Reformer Pilates training

Reformer Pilates Studio

Enhance, strengthen and tone with Pilates!

Small Group Training Schedule



Try Reformer Pilates – First Class is Free!

Staenberg Family Complex & Marilyn Fox Building Winter 2016-17



Reformer Pilates

New Intro
Classes
available!



Staenberg Family Complex

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Loretta 9:45am	Loretta 6:15pm	Kristin 9:30am	Maxine 5:30pm	Stacey 5:30pm	Maxine 8:30am 9:30am	Amber 9am

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

Marilyn Fox Building

Kim 8:30am	Monica 9:30am 10:30am - Intro	Stacey 9:30am 10:30am Stacey 5:30pm	Monica 9:30am Stacey 10:30am - Intro	Stacey 9:30am Susan 10:30am	Valerie 8:30am Monica 9:30am - Circuit	Stacey 9:30am
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Updated 11/28/16

Contact Information

Staenberg Family Complex
Courtney Tucker, 314.442.3210, ctucker@jccstl.org

Marilyn Fox Building
Stacey Jacob, 314.442.3453, sjacob@jccstl.org

For more information or to register, call Courtney 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.

