

GROUP PILATES STUDIO

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Circuit-50 Studio 9:15 AM-10:05 AM	Sculpt-50 Studio 8:15 AM-9:05 PM	TRX-Fusion ** 8:15 AM-9:15 AM	Circuit-50 Studio 9:15 AM-10:05 AM	Reform-50 Studio 9:15 AM-10:05 AM	Sculpt-50 Studio 9:15 AM-10:05 AM	Restore-50 Studio 9:15 AM-10:05 AM
Circuit-50 Studio 10:15 AM-11:05 AM	Sculpt-50 Studio 9:15 AM-10:05 AM	Restore-50 Studio 9:15 AM-10:05 AM	Circuit-50 Studio 10:15 AM-11:05 AM	TRX-Fusion ** 9:15 AM-10:15 PM	Sculpt-50 Studio 10:15 AM-11:05 AM	Restore-50 Studio 10:15 AM-11:05 AM
TRX-Fusion ** 12:15 PM-1:15 PM	Sculpt-50 Studio 10:15 AM-11:05 AM	Restore-50 Studio 10:15 AM-11:05 AM	Circuit-50 Studio 12:30 PM-1:20 PM	Reform-50 Studio 10:15 AM-11:05 AM	Sculpt-50 Studio 11:15 AM-12:05 PM	Restore-50 Studio 11:15 AM-12:05 PM
Circuit-50 Studio 5:15 PM-6:05 PM	TRX-Fusion ** 10:15 AM-11:15 AM	Pila-TRX-Fusion-50 11:15 AM-12:05 PM	Feldenkrais * 1:30 PM-2:30 PM			
Feldenkrais * 6:15 PM-7:15 PM	Sculpt-50 Studio 12:30 PM-1:20 PM	Restore-50 Studio 4:00 PM-4:50 PM	Circuit-50 Studio 5:15 PM-6:05 PM			
	Jumpboard-50 5:15 PM-6:05 PM		Circuit-50 Studio 6:15 PM-7:05 PM			
	Jumpboard-50 6:15 PM-7:05 PM					

* Begins January 23, 2023

** Begins January 9, 2023

Location Key

- Group Pilates Studio
- Functional Training Studio
- Stretch Studio

Circuit-50 Studio

50-min Circuit Studio - Focus from the inside out in this progressive class format as each session has a unique goal- defined and enhanced through props, tempo variations, proprioceptive settings and breath attention. Commit to weekly progressions across each month for noticeable gains. Open to all levels!

Jumpboard-50

An athletic class designed with an emphasis on building muscle endurance in the lower body, and strengthening the connection of our oblique sling systems. A Reformer Jump Board class that will include sport-specific injury prevention stretching and myofascial release techniques to compliment your favorite sport!

Pila TRX-Fusion-50

Whether you're new to Pilates apparatus or a long-time veteran, this session fuses the reformer-tower and Pilates props with the benefits of TRX for activation and lean-muscle lengthening. Surely a "Pilates" setting integrating range of movement patterns to optimize progression for length, strength, balance, and stability!

Reform-50 Studio

50-min Open Level Studio - Something for everyone! Variations and modifications will be offered so you can thrive while refining your Pilates practice. Enjoy props integration ranging from tower springs to matwork, jump board to arc, magic circle and more... move your body and mind through coordination in a range of settings. All levels welcome!

Restore-50 Studio

50-min Restore Studio - Focus on somatics and body awareness through a continuous, mindful flow sequence in this slower paced setting for postural alignment, breath sequencing and active lengthening. All levels are welcome

Sculpt-50 Studio

50-min Sculpting Studio - An intermediate level class with athletic exercises that will help take your Reformer repertoire to the next level. Keep things fresh with fun variations and props that will help lengthen and tone muscles, build stamina, and coordination.

Feldenkrais

Feldenkrais: Awareness Through Movement (ATM) is an exploratory practice that stems from the belief that movement is fundamental to how we live our lives. ATM students improve how to organize themselves to do the basic movements that underlie all the activities that are important to whatever they want to do better –walking, playing a musical instrument, sitting comfortably at work, etc... By experiencing the details of how to perform a movement, the student will have the opportunity to learn how to attend to their whole self, eliminate unnecessary effort and mobilize their intentions into clear, potent actions

TRX-Fusion

Optimize strength, flexibility, balance and core stability in this safe and effective setting led by a JCC Professional Fitness Trainer, using the TRX(tm) suspension strapping system and a range of props to enhance activation and progression. Open to all levels

Group Pilates Pricing		
Pass	Member	General
Drop-In Pass	\$25	\$40
5-Punch Pass*	\$105	\$160
10-Punch Pass*	\$200	\$300
Unlimited Monthly Pass**	\$145	\$200

*6-Month expiration date from purchase

**30-day expiration date from first scheduled class