



IJ & Jeanné Wagner Jewish Community Center  
sljcc.org

# GROUP PILATES **STUDIO**

Monday

Tuesday

Wednesday

Thursday


Friday

Saturday

Sunday

 **Circuit-50 Studio**  
9:15AM - 10:05AM


 Pila-TRX Fusion-50  
10:15AM - 11:15AM


 **Circuit-50 Studio**  
5:15PM - 6:05PM


 **Sculpt-50 Studio**  
9:15AM - 10:05AM

 **Sculpt-50 Studio**  
10:15AM - 11:05AM

 **Sculpt-50 Studio**  
12:30PM - 1:20PM

 Jumpboard-50  
5:15PM - 6:15PM


 Jumpboard-50  
6:15PM - 7:15PM

 **Restore-50 Studio**  
9:15AM - 10:05AM

 **Restore-50 Studio**  
10:15AM - 11:05AM

 Pila-TRX Fusion-50  
11:15AM - 12:15PM

 **Reform-50 Studio**  
4:00PM - 4:50PM

 **Restore-50 Studio**  
5:15PM - 6:15PM

 **Circuit-50 Studio**  
9:15AM - 10:05AM

 **Circuit-50 Studio**  
10:15AM - 11:05AM

 **Circuit-50 Studio**  
12:30PM - 1:20PM

 **Circuit-50 Studio**  
5:15PM - 6:05PM


 **Circuit-50 Studio**  
6:15PM - 7:05PM

 **Reform-50 Studio**  
9:15AM - 10:05AM

 **Reform-50 Studio**  
10:15AM - 11:05AM

 **Sculpt-50 Studio**  
9:15AM - 10:05AM

 **Sculpt-50 Studio**  
10:15AM - 11:05AM

 **Restore-50 Studio**  
9:15AM - 10:05AM

 **Restore-50 Studio**  
10:15AM - 11:05AM

 **Restore-50 Studio**  
11:15AM - 12:05PM

## **J** 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!

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## **J** 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!

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## **J** 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!

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## **J** 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!

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## **J** 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

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## **J** 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.

