



























IJ & Jeanné Wagner Jewish Community Center
slcjcc.org

GROUP PILATES **STUDIO**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 Circuit-50 Studio 9:15AM - 10:05AM	 Sculpt-50 Studio 9:15AM - 10:05AM	 Restore-50 Studio 9:15AM - 10:05AM	 Circuit-50 Studio 9:15AM - 10:05AM	 Reform-50 Studio 9:15AM - 10:05AM	 Sculpt-50 Studio 9:15AM - 10:05AM	 Restore-50 Studio 9:15AM - 10:05AM
 Circuit-50 Studio 10:15AM - 11:05AM	 Sculpt-50 Studio 10:15AM - 11:05AM	 Restore-50 Studio 10:15AM - 11:05AM	 Circuit-50 Studio 10:15AM - 11:05AM	 Reform-50 Studio 10:15AM - 11:05AM	 Sculpt-50 Studio 10:15AM - 11:05AM	 Restore-50 Studio 10:15AM - 11:05AM
 Circuit-50 Studio 5:15PM - 6:05PM	 Sculpt-50 Studio 12:30PM - 1:20PM	 Reform-50 Studio 4:00PM - 4:50PM	 Circuit-50 Studio 12:30PM - 1:20PM			 Restore-50 Studio 11:15AM - 12:05PM
	 Sculpt-50 Studio 5:15PM - 6:05PM	 C-Restore-75 Studio 5:15PM - 6:30PM	 Circuit-50 Studio 5:15PM - 6:05PM			
	 Sculpt-50 Studio 6:15PM - 7:05PM		 Circuit-50 Studio 6:15PM - 7:05PM			

J C-Restore-75 Studio

75-min Cardio-Core-Restore Studio - An athletic class designed with an emphasis on building muscular endurance through tempo variation, high repetition and core stabilization. Begin and close your extended format with biomechanics-focused injury prevention, stretching and myofascial release techniques for optimal movement in life & sport! Intermediate format with modification offerings. For questions about joining this timeslot, please contact fitness@slcjcc.org.

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!

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!

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

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.