

pilates schedule

(sept 3 - dec 30)

SUNDAY

8:30 AM Laura
**Reformer-
Open Level**

9:30 AM Laura
**Reformer-
Open Level**

10:30 AM Laura
**Reformer-
Open Level**

MONDAY

6 AM Meri/Cari
**Reformer-
Open Level**

9 AM Allison
**Reformer-
Open Level**

10 AM Allison
**Reformer-
Open Level**

4 PM Debra
**Reformer-
Open Level**

6 PM Cindy
**Reformer
Open Level**

7:10 PM Cindy
**Pilates Mat
(Group Fitness Studio)
Free for members**

TUESDAY

6 AM Kerri
**Reformer-
Open Level**

8 AM Erica
**Reformer-
Open Level**

9 AM Liisa
Reformer-Sculpt

10 AM Liisa
Reformer-Sculpt

12 PM Marcy
**Reformer-
Open Level-
Jumpboard**

6 PM Mary
Jumpboard

7 PM Mary
Reform & Restore

WEDNESDAY

6 AM Jen
**Reformer-
Open Level**

7 AM Jen
**Reformer-
Open Level**

9 AM Meri
**Reformer-
Open Level**

10 AM Meri
**Reformer-
Open Level**

2:15 PM Marcy
**Reformer-
Open Level**

THURSDAY

6 AM Kerri
**Reformer-
Open Level**

7 AM Jen
Reformer-Sculpt

8 AM Candace
**Reformer-
Open Level**

9 AM Candace
**Reformer-
Open Level**

10 AM Candace
**Reformer-
Open Level**

12 PM Candace
**Reformer-
Open Level-
Jumpboard**

4 PM Debra
**Pilates Mat
(Group Fitness Studio)
Free for members**

5 PM Debra
**Reformer-
Jumpboard**

6 PM Debra
Reformer-Sculpt

FRIDAY

6 AM Kerri
**Reformer-
Open Level**

9 AM Meri
**Reformer/Arc
Open Level**

10 AM Meri
**Reformer/Arc
Open Level**

SATURDAY

8:30 AM
Pilates 101 intro
Candace/Allison (30min)
Free for members, must
register in advance on
Mindbody.

9 AM Candace/Allison
**Reformer-
Open Level**

10 AM Candace/Allison
**Reformer-
Open Level**

pilates studio rates - purchase through Mindbody		
CLASS TYPE	MEMBER DISCOUNT	GENERAL
Pilates 10-Punch Pass	\$200	\$300
Unlimited Pass - Monthly	\$145	\$200
Drop-in Fee	\$25	\$40
First Timer Drop-in (must schedule with Meri)	free	free
5 Punch Pass	\$105	\$160

Facility Hours:
Monday - Thursday, 5 AM - 10 PM
Friday, 5 AM - 6 PM
Saturday - Sunday, 8 AM - 6 PM

JCC Closed:
Sept. 29, 30 Oct. 1, 9 Dec. 25



Schedules also available online and on the Wagner JCC mobile app.
Must pre-register 24 hours in advance.
Classes and instructors subject to change.
All classes are 55 minutes.

pilates

class descriptions

Reformer (open level) – something for everyone! Variations and modifications will be offered so that each student can thrive while refining their Pilates practice. Jumpboard, ball, mat, Pilates Arch, weights, Magic Circle, foam roller, and bands will be used to enhance your practice.

Reform and Restore (open level) – Pilates/Movement Reformer class will focus on somatics and a flow of exercises that will help you find ideal alignment while enjoying a slower paced and mindful embodiment of the Pilates repertoire.

Reformer/Arc – An open level class that will pair together the use of the reformer and the Pilates Arc. Adding variety of apparatus to your routine will help deepen your pilates core experience. In this class we will condition the whole body while focusing on alignment and facilitating balance surrounding the joints.

Reformer-Sculpt – 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.

Reformer-Jumpboard – 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!

policy

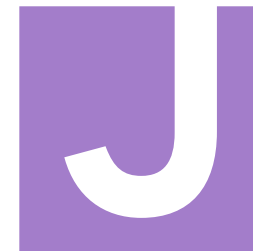
All participants must cancel the 12 hours before the class begins or you will be automatically charged a \$20 cancellation fee.

Classes without at least one participant signed up will be cancelled at 6 pm the evening before.

Email and/or text notification will be sent out if classes are cancelled, via Mindbody.

All passes and fees are non-refundable and non-transferable.

Download the app at [Mindbody.com](https://www.mindbody.com).



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