

pilates schedule

(jan 2 - may 28)

pilates studio rates - purchase through Mindbody

| CLASS TYPE | MEMBER DISCOUNT | GENERAL |
|--------------------------|-----------------|---------|
| Pilates 10-Punch Pass | \$180 | \$270 |
| Unlimited Pass - Monthly | \$125 | \$185 |
| Drop-in Fee | \$20 | \$35 |

Must pre-register 24 hours in advance; classes subject to cancellation.
Schedule through Mindbody. See slcjcc.org/pilates or download the app.

SUNDAY

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

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

11:15 AM
**Post Natal
Reformer**
Laura

MONDAY

7 AM
**Reformer-
Open Level**
Allison

9 AM
**Reformer-
Open Level**
Allison

10 AM
**Reformer-
Open Level**
Allison

11:15 AM
**Reformer-
Open Level**
Leigha

TUESDAY

6:30 AM
**Reformer-
Open Level**
Laura

9 AM
**Reformer-
Intermediate**
Mariko

10 AM
**Reformer-
Intermediate**
Mariko

6 PM
Jump Board
Laura

7 PM
Reform & Restore
Laura

WEDNESDAY

6 AM
**Reformer-
Open Level**
Cindy

7:45 AM
**Reformer-
Open Level**
Kerri

9 AM
**Reformer-
Open Level**
Meri

10 AM
**Reformer-
Open Level**
Meri

THURSDAY

6:30 AM Laura
**Reformer-
Open Level**

8 AM Allison
**Reformer-
Open Level**

9 AM Brittany
**Reformer-
Open Level**

10 AM Brittany
**Reformer-
Open Level**

5 PM Meri
**Jump Board
Ski Conditioning**

6 PM Meri
**Men's Reformer
"MANformer"**

FRIDAY

6:15 AM
**Reformer-
Open Level**
Kerri

8:00 AM
**Reformer/Arc
Open Level**
Meri

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

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

SATURDAY

10 AM
**Reformer-
Open Level**
Allison

11 AM
**Reformer-
Open Level**
Allison

Pilates 101

Free for JCC members.
To schedule contact
Shannon at
shollinger@slcjcc.org
or Aubri at
agoodfellow@slcjcc.org



IJ & Jeanné Wagner Jewish Community Center

2 North Medical Drive • Salt Lake City, Utah 84113
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Schedules also available online and on the Wagner JCC mobile app

*Classes and instructors subject to change

Facility Hours:

Monday - Thursday, 5 AM - 10 PM

Friday, 5 AM - 6 PM

Saturday - Sunday, 8 AM - 6 PM

pilates class descriptions

Postnatal Pilates Reformer - Pilates can help your body rebound back into shape after pregnancy and delivery by retraining your abdominals which have been stretched out and weakened; realigning your hips and back which can often become imbalanced; and strengthen your pelvic floor.

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.

MANformer (open level) - A men's Pilates Reformer class for optimal strength, endurance, and agility. Conditioning the whole body while focusing on common postural anomalies found in the male body and sport specific training exercises.

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 (intermediate) - An intermediate level class with 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.

Jump Board/Ski Conditioning - 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 winter 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.



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