

pilates schedule

(sept 4 - dec 31)

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 Laura
Reformer-Open Level

7 AM Laura
Reformer-Jumpboard

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 Laura
Reformer-Open Level

8 AM Erica
Reformer-Open Level

9 AM Liisa
Reformer-Sculpt

10 AM Liisa
Reformer-Sculpt

12 PM Greta
Reformer-Open Level-Jumpboard

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

6 PM Laura
Jumpboard

7 PM Laura
Reform & Restore

WEDNESDAY

6 AM Greta
Reformer-Open Level

7 AM Greta
Reformer-Open Level

9 AM Meri
Reformer-Open Level

10 AM Meri
Reformer-Open Level

11 AM Meri
Reformer-Open Level

4 PM Greta
Reformer-Sculpt

THURSDAY

6 AM Laura
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 Greta
Reformer-Open Level-Jumpboard

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

5 PM Allison
Reformer-Jumpboard

6 PM Allison
Reformer-Sculpt

FRIDAY

6 AM Kerri
Reformer-Open Level

9 AM Meri
Reformer/Arc-Open Level

10 AM Meri
Reformer/Arc-Open Level

11 AM Meri
Reformer/Arc-Open Level

5 PM Debra
Reformer-Open Level

SATURDAY

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

9 AM Candace/Greta
Reformer-Open Level

10 AM Candace/Greta
Reformer-Open Level

Facility Hours:

Monday - Thursday, 5 AM - 10 PM

Friday, 5 AM - 6 PM

Saturday - Sunday, 8 AM - 6 PM

JCC Closed:

September 21, 22, 30, December 25

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 |



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.



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