

# pilates schedule

(May 28 - Sept 1)

## 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

### SUNDAY

**8:30 AM** Laura  
Reformer-OL

**9:30 AM** Laura  
Reformer-OL

**10:30 AM** Laura  
Reformer-OL

### MONDAY

**6 am** Meri  
Reformer-OL

**9 am** Allison  
Reformer-OL

**10 am** Allison  
Reformer-OL

**4 pm** Debra  
Reformer-OL

**6 pm** Cindy  
Reformer-OL

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

### TUESDAY

**6 AM** Erica  
Reformer-OL

**8 AM** Erica  
Reformer-OL

**9 AM** Liisa  
Reformer/Sculpt

**10 AM** Liisa  
Reformer/Sculpt

**12 PM** Marcy  
Reformer-OL-  
Jumpboard

**6 PM** Laura  
Jumpboard

**7 PM** Laura  
Reform & Restore

### WEDNESDAY

**6 AM** Jen  
Reformer-OL

**7 AM** Jen  
Reformer-OL

**9 AM** Meri  
Reformer-OL

**10 AM** Meri  
Reformer-OL

**2:15 PM** Marcy  
Reformer-Sculpt

### THURSDAY

**6 AM** Kerri  
Reformer-OL

**8 AM** Candace  
Reformer-OL

**9 AM** Candace  
Reformer-OL  
**10 AM** Candace  
Reformer-OL

**12 PM** Candace  
Reformer-OL-  
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-OL

**9 AM** Meri  
Reformer-Arc-OL

**10 AM** Meri  
Reformer-Arc-OL

### SATURDAY

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

**9AM** Candace/Allison  
Reformer-OL

**10AM** Candace/Allison  
Reformer-OL

Pilates Coordinator  
Meri Erickson at  
merickson@slcjc.org

### Facility Hours:

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

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



# *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!

**TRX Pilates Fusion** – Sculpt large muscle groups using the TRX suspension system, then isolate some of the smaller muscle groups down on the mat using the Pilates method, creating a total body workout from the core out.

## 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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