

December



studio one PILATES

MJCC | 6560 Poplar Ave. | (901) 761-0810

AM	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00	Sculpt and Core (Natalie)		Intermediate/ Combo (Natalie)	
9:15		*9:30am* Intermediate (Simone)		Essential Reformer (Kelsey)

Please try to arrive 10 mins early to class to allow time to set up your equipment. Classes are 55 minutes

Who should do Pilates?

Pilates exercise is ideal for everyone from young adults and baby boomers to post-rehab patients and elite athletes. Not only will Pilates help to improve physical appearance, it will also improve stamina, assist in becoming more stable; help with stress and relief and focus.

Class Descriptions:

Reformer: Barre, Reformer, Abs

Incorporates the barre, reformer, mat, to get a balanced core workout

Reformer: Essential Reformer

Teaches the 5 principals of Pilates essential for Reformer classes

Reformer: Intermediate/Combo

Perform exercises on the reformer as well as learn to use a second piece of equipment

Reformer: Sculpt and Core

Balancing on balls, stretching bands, squeezing circles and lifting weights



Single Class

\$15 Member / \$25 Non-Members

only 1 person in class then member/non-member can choose to pay for a private class of \$40

*All classes are located in Studio 1.

Private Training*

One-on-One Private Training

One-Hour Session - \$60

Half-Hour Session - \$45

Package of Five One-Hour Sessions - \$290

1-Hour Group Private Training

2 People -\$50 per person

3 people - \$40 per person

4+ people - \$30 per person

*Member pricing. Inquire about fees for community.

as of October 29, 2018

If you do not see a class that fits your needs, or you would like private training, please contact Mandy Kelley, Fitness Center Director, at mkelley@jccmemphis.org or (901) 259-9212 to discuss a private Pilate's trainer.

