

September



studio one PILATES

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

AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00 AM	Essential Reformer (Natalie)	Sculpt and Core (Natalie)		Intermediate/Combo (Natalie)	
9:00 AM					Essential Reformer (Kelsey)
10:00 AM		Intermediate/Combo (Despie)		Intermediate/Combo (Despie)	
12:30 PM			Intermediate/Combo (Despie)		
5:00 PM	Intermediate Reformer (Despie)				

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: 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

Intermediate Reformer: Perform more advance exercises on the reformer and builds on the essential skills already achieved



Single Class Registration on-line or at the Member Services Desk, in advance of 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 August 23, 2019

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.

