

October



# studio one PILATES

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

AM	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00	<b>Sculpt and Core</b> (Natalie)		<b>Intermediate/ Combo</b> (Natalie)	
9:15		<b>*9:30am*</b> <b>Intermediate</b> (Simone)		<b>Essential Reformer</b> (Kelsey)
10:15	<b>Barre, Reformer, Abs</b> (Kelsey)			
12:00			<b>Barre, Reformer, Abs</b> (Simone)	

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 September 20, 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](mailto:mkelley@jccmemphis.org) or (901) 259-9212 to discuss a private Pilate's trainer.

