

Pilates

Reformer/Chair

Find our Schedule online at
www.jccrochester.org
 Val Redmond 461-2000 x 271
 vredmond@jccrochester.org

April 2—May 13 2017

Monday

9:15 am	Mixed Levels	60 min	Carrie
10:30 am	Mixed Levels	60 min	Melissa
11:30 am	Mixed Levels	60 min	Melissa
6:00 pm	Beginners	60 min	Carrie

Tuesday

8:00 am	Beginners	60 min	Kathy
10:00 am	Mixed Levels	60 min	Lisa
6:30 pm	Mixed Levels	60 min	Bev

Wednesday

5:45 am	Beginner	60 min	Ursula
9:15 am	Mixed Levels	60 min	Carrie
10:30 am	Mixed Levels	60 min	Lynda

Thursday

8:00 am	Mixed Levels	60 min	Kathy
4:00 pm	Mixed Levels	60 min	Melissa
6:15 pm	Reformers for Runners	60 min	Lisa

Friday

9:15 am	Beginners	60 min	Carrie
12:00 pm	Intro to Reformers	60 min	Carrie

Private & semi-private sessions packages

Private sessions

30 min intro session- \$25; \$30 non member
 1 session- \$50 member; \$60 non member
 3 sessions- \$144 member; \$160 non member
 5 sessions- \$225 member; \$250 non member
 10 sessions- \$400 member; \$450 non member

Semi-private (2 person) sessions

(price listed is per person. Participants are responsible for finding a partner prior to booking session)

1 session- \$35 member, \$45 non member
 3 sessions- \$96 member; \$126 non member
 5 sessions- \$150 member; \$200 non member

Limit 4 participants per class

Register at the main desk or at www.jccrochester.org

6 week session: \$150 JCC member; \$180 non member

Prices will be pro-rated for sessions less than 6 weeks

A 10% processing fee will apply to all cancellations

Beginner: This class is designed for the first timer or anyone who has been away for a while. It focuses on the basics of reformers.

Mixed Levels: A class designed for all levels. Progressions and regressions will be demonstrated for all.

Intermediate/Advanced: A class designed for those who have experience and want to take it up a notch.

***Reformer for Runners:** Improve your running form, have more control of your breathing, increase speed and decrease chance of injury. Focus on increasing core and back strength, correct postural alignment, control of breath, lateral hip strength, and spinal mobility to run better, faster and stronger.