

health &  
wellness

at the  
Sabes JCC

**NEW! Pilates Reformer  
Fundamentals**

If you've always been curious about reformer Pilates but didn't know where to start, this six-week session is the class for you.

**Winter Session 1:**

Tuesdays 12:30-1:30 pm  
January 15-February 19  
(4 classes)

**Cost:**  
\$156: \$120 JCC Members



# pilates reformer

The JCC Fitness Centers commitment is to always offer the latest trends in fitness. The Reformer is the main piece of equipment used in the Pilates Method. Reformer exercises use spring resistance to elongate and strengthen the entire body, challenging balance and strength.

REFORMER PRIVATE	
1 Session	\$68
4 Sessions	\$252 (\$63 per)
8 Sessions	\$480 (\$60 per)

REFORMER PARTNER	
1 Session	\$110 (\$55 per)
4 Sessions	\$400 (\$50 per)
8 Sessions	\$720 (\$45 per)

REFORMER GROUP (3-4 people)	
4 Sessions	\$120 (\$30 per)

INTRO SESSION	
2 Sessions	\$80 (\$40 per)

*\*All sessions are 55 minutes long*

**CURRENT LESSON OFFERINGS:**

MONDAYS & THURSDAYS from 3-4 PM in the Pilates Studio with Linda S.  
THURSDAYS from 11 AM- 12 PM in the Pilates Studio with Heather F.  
FRIDAYS from 11 AM-12 PM in the Pilates Studio with Jaimie M.

For more information or to schedule lessons outside of times offered, please contact Jory Kircher at [jkircher@sabesjcc.org](mailto:jkircher@sabesjcc.org) or (952) 381-3418

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