



Movement for life.

## Pilates™ Reformer Training at the Mandell JCC

### What is Pilates?

Pilates is a physical fitness system developed in the early 20th century by Joseph Pilates. The Pilates Reformer is an exercise machine used to incorporate Pilates exercise techniques for a challenging and intense workout. Springs, leverage, and body weight are used as resistance while performing movements targeting specific muscle groups. The reformer machine adds increased resistance to each movement by the body working to overcome this resistance. This results in increased fitness levels.

### The Principles

- Concentration
- Control
- Centering
- Precision
- Breathing
- Flow of movement efficiency

### The Benefits

- Refreshing mind-body workout
- Improved breathing
- Strong core and improved posture
- Long, lean muscles and increase flexibility
- Evenly conditioned body and tone
- Improved sports performance and injury prevention
- Reduced body fat
- Efficiently daily movement
- Gentle yet challenging workout





## Pilates™ Reformer Pricing

### SMALL GROUP CLASSES (Min. 3/Max. 5)

55 min ..... \$25 By appointment only

### SINGLE SESSION

30 min ..... \$42

45 min ..... \$56

60 min ..... \$70

### PARTNER SINGLE SESSION

30 min ..... \$46 (\$23 per person)

45 min ..... \$62 (\$31 per person)

60 min ..... \$76 (\$38 per person)

## Certified Pilates Instructors



Kathy  
Armstrong-Crouch



Lieba  
Bernstein



Dave  
LaPorte



Karin  
Lewis



Phyllis  
Ulrich

For more information or to register for Pilates Reformer Training with the Mandell JCC, contact the Pilates Reformer Coordinator, Karin Lewis, 860-231-6314, [klewis@mandelljcc.org](mailto:klewis@mandelljcc.org).

Visit the Mandell JCC website at [mandelljcc.org](http://mandelljcc.org) for schedule.