



The Mind-Body Workout

Pilates™ Reformer Training at the Mandell JCC

What is Pilates?

Pilates is a movement system designed to stretch, strengthen and balance the body, and yields numerous benefits!

The Pilates Reformer is a highly versatile, spring loaded piece of modern exercise technology. It is designed for people at all levels of physical fitness and can be individualized to meet each person's exercise goals from the beginner to the athlete.

The reformer is designed to add resistance and support for the user and is low-impact on the joints and body. Together with The Principles of Pilates, the reformer is capable of working muscle groups that are often neglected in your typical gym session.

Members can opt for a private session with a certified Pilates Reformer instructor, try a partner session or choose a group reformer class. With a maximum of 4 students, each reformer class provides semi-private instruction, where your instructor will focus on form, technique, core strength and flexibility.

The Principles of Pilates

- Control
- Concentration
- Centering
- Breath
- Flow
- Precision



MANDELL JCC
Greater Hartford

Zachs Campus | 335 Bloomfield Ave. | West Hartford, CT 06117
860-236-4571 | www.mandelljcc.org  



Pilates Reformer Rates

Single Session

| | |
|-------------|------|
| 30 min..... | \$45 |
| 45 min..... | \$60 |
| 60 min..... | \$75 |

Partner Single Session

| | |
|-------------|---------------------------|
| 30 min..... | \$50 (\$25 per person) |
| 45 min..... | \$65 (\$32.50 per person) |
| 60 min..... | \$80 (\$40 per person) |

Pilates Reformer Packages

Single Pilates Reformer

| | |
|---------------------------|--------------------------|
| Six 30-min sessions | \$258 (\$43 per session) |
| Six 45-min sessions | \$348 (\$58 per session) |
| Six 60-min sessions | \$438 (\$73 per session) |
| Twelve 30-min sessions | \$504 (\$42 per session) |
| Twelve 45-min sessions | \$672 (\$56 per session) |
| Twelve 60-min sessions | \$840 (70 per session) |

Partner Pilates Reformer

| | |
|---------------------------|-------------------------------------|
| Six 30-min sessions | \$138 (\$23 per person per session) |
| Six 45-min sessions | \$186 (\$31 per person per session) |
| Six 60-min sessions | \$228 (\$38 per person per session) |

Small Group (Maximum of 4)

Pilates Reformer Training

| | |
|---------------------------|------------------------|
| 55-min | \$28 |
| Eight 55-min sessions ... | \$200 (\$25 per class) |

For more information or to register for Pilates Reformer Training with the Mandell JCC, contact Carmen Erian, Group Fitness Director, 860-231-6348, cerian@mandelljcc.org