



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 and other pieces of Pilates equipment; the barrel, the chair, the circle and the tower, are designed to add resistance and support for the user and are low-impact on the joints and 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 5 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

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Pilates Reformer Rates

Single Session

30 min.....	\$50
45 min.....	\$65
60 min.....	\$80

Partner Single Session

30 min.....	\$60 (\$30 per person)
45 min.....	\$75 (\$37.50 per person)
60 min.....	\$90 (\$45 per person)

Pilates Reformer Packages

Single Pilates Reformer

Six 30-min sessions	\$285 (\$47.50 per session)
Six 45-min sessions	\$381 (\$63.50 per session)
Six 60-min sessions	\$465 (\$77.50 per session)
Twelve 30-min sessions	\$540 (\$45 per session)
Twelve 45-min sessions	\$720 (\$60 per session)
Twelve 60-min sessions	\$900 (\$75 per session)

Partner Pilates Reformer

Six 30-min sessions	\$165 (\$27.50 per person per session)
Six 45-min sessions	\$210 (\$35 per person per session)
Six 60-min sessions	\$255 (\$42.50 per person per session)

Pilates Reformer Small Group Training

\$30 Single Session Rate

\$224 (\$28 per session) – 8 Session Package

For more information or to register for
Pilates Reformer Training with the Mandell JCC,
contact Carmen Erian, Pilates Director,
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