

# Pilates



*In 10 sessions you'll feel better,  
20 sessions you'll look better, 30 sessions you'll  
have a completely new body.*

– JOSEPH PILATES

Pilates at The J offers a variety of training options from group mat classes to Pilates reformer sessions. These full body workouts help lengthen and strengthen all muscles while building and maintaining core strength.

## **EVERY BODY NEEDS PILATES!**

All ages, genders, shapes and sizes

Athletes of all levels

People recovering from injury

Those seeking better balance and flexibility

SEE REVERSE SIDE FOR RATES



FOR FULL PROGRAM DETAILS  
[mandeljcc.org/pilates](http://mandeljcc.org/pilates)

# PILATES AT THE J



We have two studios where we offer private sessions, duets (two individuals in a session), or small group Pilates reformer and foam roller classes. Classes are kept at a five-person maximum to allow for individualized attention, which increases the benefits of this focused workout.

Our instructors are all certified and have years of experience teaching.

## RATES

### PRIVATE SESSIONS

#### 55 Minutes

1 session	\$65
3 sessions	\$180
12 sessions	\$672
24 sessions	\$1,344

#### 25 Minutes

1 session	\$33
3 sessions	\$90
12 sessions	\$336
24 sessions	\$672

### SMALL GROUP SESSIONS

#### 55 Minutes

1 session	\$28
10 sessions	\$220
20 sessions	\$420

### DUET

(2-person private session)

#### 55 Minutes

1 session	\$35/person
6 sessions	\$198/person
12 sessions	\$372/person



TO GET STARTED, CONTACT KATE TOOHIG  
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