

WHY PILATES?



Looking for a way to feel stronger, more energized, and improve your overall well-being? Add Pilates to your workout routine! Pilates offers incredible benefits for people of all ages and fitness levels.

WHY PILATES?

- **CORE STRENGTH & STABILITY** Build a strong foundation for better posture and reduced back pain.
- **IMPROVED FLEXIBILITY & MOBILITY** Stay agile and prevent stiffness as you age.
- **LOW-IMPACT, HIGH-RESULTS** Protect your joints while sculpting lean muscles.
- **STRESS RELIEF & MIND-BODY CONNECTION** Feel more centered and in tune with your body.
- **ENHANCED BALANCE & COORDINATION** Reduce the risk of injuries and improve daily movement.

SEE REVERSE SIDE FOR RATES



FOR FULL PROGRAM DETAILS
mandeljcc.org/pilates

PILATES AT THE J



THE MINDFUL MOVEMENT PRACTICE OF PILATES REFORMER CAN HELP YOU LOOK AND FEEL YOUR BEST. We offer classes seven days a week – in the morning, afternoon and evening.

New! Novice level class – perfect for those interested in Pilates Reformer but intimidated to join a general level class.

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 TOOFIG
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mandeljcc.org/pilates