

PILATES REFORMER SCHEDULE

Winter 2024



	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 am							
6:30 am							
7:00 am							
7:30 am							
8:00 am			Marla (R)				Marla (R)
8:30 am	Marla (R)	Marla (R)	Marla (R)	Marla (R) Jumpboard	Marla (R)	Marla (R) Jumpboard	Deanna (L)
9:00 am			Marla (R)				
9:30 am	Marla (R)	Marla (R)		Marla (R)	Sue (L)	Marla (R)	
10:00 am	Marla (R)	Marla (R)	Deanna	Marla (R)	Sue (L)	Sue (L)	Marla (R) 10:15 am
10:30 am			Marla (R)				
11:00 am	Marla (R)	Marla (R)	Sue (L)	Marla (R)	Marla (R)	Sue Roll & Release (L)	Deanna Open for Privates 9am-12:30 pm
11:30 am				Marla (R)			Marla (R) 11:15-1:15 pm
12:00 pm		Sue (L)			Marla (R)	Sue (L)	
12:30 pm	Marla (R)	Marla (R)	Sue (L)			Marla (R)	
1:00 pm		Marla (R)			Sue (L)		
1:30 pm			Sue (L)			Marla (R)	
2:00 pm			Roll & Release				
2:30 pm							
3:00 pm							
3:30 pm							
4:00 pm			Marla (R)		Marla (R)		
4:30 pm							
5:00 pm			Marla (R)		Marla (R)		
5:30 pm							
6:00 pm					Marla (R)		

= Class currently running with spots available. Join Us Now!

= Available for Private Session

Classes are for all levels, unless otherwise noted.

Please note

- All Pilates Reformer classes are fee-based
- Classes are 55 minutes in length
- Class size is limited
- **No walk-ins permitted**
- **Participants must have completed three private training sessions or be approved by an instructor to take small group Pilates training classes**
- All class times and instructors are subject to change

Fees for Small Group:

- 1 Session** \$28
- 10 Sessions** \$220 (\$22/session)
- 20 Sessions** \$420 (\$21/session)

Private & semi-private Pilates sessions are also offered.

For fees, contact Kate Toohig: ktoohig@mandeljcc.org
(216) 831-0700, ext. 1365

(P) = Pilates Studio

(L) = Pilates Loft

Small group classes can be scheduled on our app.

Download

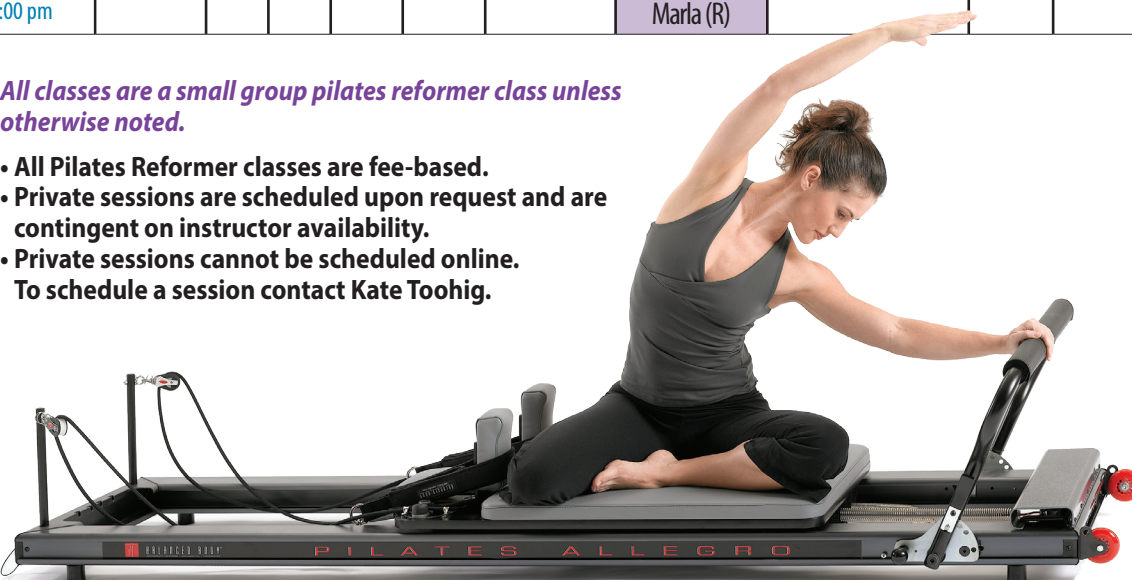


Mandel Jewish Community Center

REV 12/1/24

All classes are a small group pilates reformer class unless otherwise noted.

- All Pilates Reformer classes are fee-based.
- Private sessions are scheduled upon request and are contingent on instructor availability.
- Private sessions cannot be scheduled online. To schedule a session contact Kate Toohig.



To schedule or for information contact Kate ktoohig@mandeljcc.org • 216-593-6265