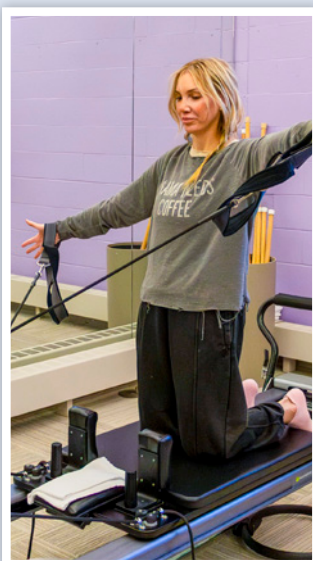


PILATES AT THE MANDEL JCC

Mindful movement. Stronger body.

Whether you're new to Pilates or looking to improve, Pilates can help you build strength, mobility, balance, and body awareness.



WHY PILATES?

- **CORE STRENGTH & STABILITY** Build a strong foundation for better posture and everyday movement.
- **FLEXIBILITY & MOBILITY** Stay agile and reduce stiffness as you age.
- **LOW-IMPACT, HIGH-RESULTS** Strengthen and tone while being kind to your joints.
- **STRESS RELIEF & MIND-BODY CONNECTION** Feel more centered and connected to your body.
- **BALANCE & COORDINATION** Improve stability and confidence in daily movement.

CLASSES 7 DAYS A WEEK • ALL LEVELS
Morning, afternoon, and evening classes available.

PILATES RATES

PRIVATE SESSIONS

55 Minutes

1 session	\$75
3 sessions	\$210
12 sessions	\$816
24 sessions	\$1,560

25 Minutes

1 session	\$37
3 sessions	\$105
12 sessions	\$384
24 sessions	\$720

SMALL GROUP SESSIONS

55 Minutes

1 session	\$30
12 sessions	\$300
24 sessions	\$576

DUET

(2-person private session)

55 Minutes

1 session	\$45/person
6 sessions	\$252/person
12 sessions	\$480/person

READY TO GET STARTED?

Contact Kate Toohig
216-593-6265
ktoohig@mandeljcc.org
mandeljcc.org/pilates

