

PILATES



Winter 2019



Harry & Rose Samson Family **JEWISH COMMUNITY CENTER**
6255 N. Santa Monica Blvd., Whitefish Bay WI 53217
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J PILATES SCHEDULE

Sunday

9:30AM	Reformer	Erin	P
10:30	Barre/Mat Pilates Fusion	Terri	B

Monday

9:00AM	Reformer	Erin	P
11:00AM	Jump Board	Erin	P

Tuesday

8:00AM	Reformer	Erin	P
9:15	Tower	Sarah	P
2:30PM	Reformer	Erin	P

Wednesday

9:00AM	Reformer	Erin	P
10:30	Mixed Level Mat	Terri	A
11:00	Free Intro to Reformer*	Erin	P
12:00PM	Jump Board	Erin	P

Thursday

8:00AM	Reformer	Erin	P
5:00PM	Mat Pilates	Sarah	A
6:15	Reformer	Sarah	P

Friday

9:00AM	Reformer	Erin	P
10:30	Mixed Level Mat	Terri	Y

LOCATION KEY

A Studio A B Studio B P Pilates Studio Y Yoga Studio



Pilates – for Every Body



Pilates is a comprehensive exercise and rehabilitation program that works to lengthen, strengthen, and balance the body and is for EVERY BODY. Pilates at the J offers a variety of reformer, mat , and barre classes, as well as personal training with one of our certified, experienced instructors.

Benefits can include:

- Increased core strength
- Longer, leaner body
- Improved flexibility
- Increased muscular endurance
- Better posture
- Reduced lower back pain
- Improved joint mobility
- Enhanced sports performance

PILATES PERSONAL TRAINING

Individual and small group lessons are great for the beginner who wants to work with a trainer before jumping into a reformer class, or for the seasoned Pilates enthusiast who prefers to work one-on-one.

Contact Erin Stern, Pilates Coordinator, at estern@jccmilwaukee.org | 414-967-8209.