

# PILATES

## OPEN FOR COMMUNITY REGISTRATION

פילאטס

**Pilates** is a comprehensive exercise and rehabilitation program that works to lengthen, strengthen, and balance the body and is for EVERY BODY.

### 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 at the J** offers a variety of mat classes, apparatus classes, and personal training with one of our certified experienced instructors.

### Pilates Personal Training

Private and semi-private lessons with our Pilates instructors give you the personal attention you deserve. See Personal Training pricing structure on page 30.

Contact Erin Stern at [estern@jccmilwaukee.org](mailto:estern@jccmilwaukee.org) or 414-967-8209 to learn more.

**New to Pilates? Try our Pilates TRI-IT pack: buy one private session for \$55 and get 2 free mat classes**

### Pilates Group Equipment Classes

*\*Classes are for adults 18 years and up\**

*\*Find more Pilates offerings online  
Intermediate/Advanced Group Reformer  
Group Tower*

### Reformer Pilates Basics

Pilates group equipment classes are designed for all levels of current students. The Classical Reformer classes are based on the sequence designed by Joseph Pilates

### WEDNESDAYS

Instructor: Erin Stern

#### SESSION I

**6 Wednesdays, Sep 11-Oct 23**

No class: 10/9

**2:30-3:20 PM**

MEM \$108 / PTRN \$108 / COMM \$144

#### SESSION II

**7 Wednesdays, Oct 30-Dec 18**

No class: 11/27

**2:30-3:20 PM**

MEM \$126 / PTRN \$126 / COMM \$168

### SATURDAYS

Instructor: Ally Koller

#### SESSION I

**7 Saturdays, Sep 14-Oct 26**

No class: 10/9

**2:30-3:20 PM**

MEM \$126 / PTRN \$126 / COMM \$168

#### SESSION II

**7 Saturdays, Nov 2-Dec 21**

No class: 11/27

**2:30-3:20 PM**

MEM \$126 / PTRN \$126 / COMM \$168



### Barre/Mat Pilates Fusion

A perfect fusion of Mixed Level Mat Pilates and Barre.

Instructor: Terri Stevens

Location: Studio A

**14 Sundays, Sep 15-Dec 15**

**10:30-11:25 AM**

MEM \$126 / PTRN \$126 / COMM \$168

### Classical Mat Pilates

Based on the original mat series I-V by Joseph Pilates.

Instructor: Sarah Cohen

Location: Pilates Studio

**11 Mondays, Sep 16-Dec 16**

No class: 9/30, 10/14, 10/21

**5:00-5:55 PM**

MEM \$108 / PTRN \$108 / COMM \$144

### Mixed Mat Pilates

Mixed Level Mat Pilates. Variations offered to challenge and modifications for injury and limitations.

Instructor: Terri Stevens

Location: Studio B

### WEDNESDAYS

**13 Wednesdays, Sep 11-Dec 18**

No class: 10/9, 11/27

**10:30-11:25 AM**

MEM \$117 / PTRN \$117 / COMM \$156

### FRIDAYS

**14 Fridays, Sep 13-Dec 20**

No class: 11/29

**10:30-11:25 AM**

MEM \$126 / PTRN \$126 / COMM \$168

### Mat Pilates and Wine

Learn the basic 10 Classical Mat Pilates Series by Joseph Pilates and get rewarded with a glass of wine on us!

Min. 3 people, Max 6.

**Monday, September 9  
5:00-5:55 PM**

Contact Erin Stern at [estern@jccmilwaukee.org](mailto:estern@jccmilwaukee.org) or 414-967-8209 to RSVP by 9/3.