



**JCC**  
OF GREATER NEW HAVEN

# *New* Pilates Reformer Classes

## **BUILD YOUR STRENGTH FROM THE CORE**

With exercises like footwork, bridging, arm series, and gentle core work, you'll build strength, flexibility, and body awareness, creating a solid foundation.

## **PROPER ALIGNMENT • BREATH CONTROL • CORE STRENGTH • FLEXIBILITY**

Whether you're brand new or looking to refine your basics, this class will help you move better, feel better, and gain confidence in your body.

## **Weekly 50 Minute Classes | Pilates Studio**

| SUNDAY       | MONDAY         | TUESDAY               | WEDNESDAY                    | THURSDAY       | FRIDAY       | SATURDAY       |
|--------------|----------------|-----------------------|------------------------------|----------------|--------------|----------------|
|              | 7 am<br>Lisa   | 7 am<br>Isabel (Mens) |                              |                | 7 am<br>Lisa |                |
| 9 am<br>Lisa |                |                       | 9:30 am<br>Josie<br>(Womens) |                |              | 9 am<br>Isabel |
|              |                | 4:30 pm<br>Josie      | 12 pm<br>Josie               |                | 2 pm<br>Lisa |                |
|              | 6 pm<br>Isabel |                       |                              | 5 pm<br>Isabel |              |                |

**PRICE: 6 sessions: \$99 | 12 sessions: \$192  
20 sessions: \$300 | Drop/Demo in Rate: \$20**

Email preregistration required, contact **Steve Freitas** at [stevef@jccnh.org](mailto:stevef@jccnh.org)