



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 Lisa	
9 am Lisa	12 pm Lisa		9 am Isabel			9 am Isabel
		4:30 pm Isabel	12 pm Isabel		2 pm Lisa	
	6 pm Isabel			5 pm Elena		

**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