Regular Rates & Information
All sessions are 55 minutes and will include work on the Reformer, Springboard, Chair, and Mat.

**Private Session**

<table>
<thead>
<tr>
<th></th>
<th>Member</th>
<th>Silver/Benefactor</th>
<th>Non-Member</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Session</td>
<td>$65</td>
<td>$60</td>
<td>$70</td>
</tr>
<tr>
<td>4 Sessions</td>
<td>$240</td>
<td>$220</td>
<td>$260</td>
</tr>
<tr>
<td>10 Sessions</td>
<td>$550</td>
<td>$500</td>
<td>$600</td>
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**Semi-Private**

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<th></th>
<th>Member</th>
<th>Benefactor</th>
<th>Non-Member</th>
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</thead>
<tbody>
<tr>
<td>4 Session</td>
<td>$145</td>
<td>$145</td>
<td>$190</td>
</tr>
<tr>
<td>10 Sessions</td>
<td>$360</td>
<td>$360</td>
<td>$475</td>
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**Group Training**

Exercise with Pilates enthusiasts of similar ability and fitness level in a 3 or 4 person group.

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<th>Member</th>
<th>Benefactor</th>
<th>Non-Member</th>
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</thead>
<tbody>
<tr>
<td>6 Sessions</td>
<td>$155</td>
<td>$155</td>
<td>$190</td>
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*There is a 24-hour cancellation policy for private and semi-private sessions.

**Must sign up for entire session. There will be one scheduled make-up for each 6 week session. Group members will be charged for additional missed classes in a session; no exceptions.

**Questions?**

Jenny Crow
Wellness & Fitness Director
704-944-6870
jenny.crow@charlottejcc.org

Sandra and Leon Levine Jewish Community Center
5007 Providence Road, 704.366.5007 / charlottejcc.org
Benefits of a Consistent Pilates Practice

For any age, body type, or fitness level, Pilates is a safe and effective total body workout. Our individualized programs and the personal attention of our instructors will create the results that you are looking for. Whether you are recovering from an injury, training for an athletic event, or just want to "get in shape," Pilates provides a fun and challenging road to success.

- Improved posture and balance
- Safe overall body conditioning
- Enhanced muscle strength with an emphasis on core conditioning
- Greater flexibility and range of motion
- Injury rehabilitation and prevention
- Better athletic performance
- Increased self confidence in one’s physical strength and appearance

What is Pilates?

Pilates is a full body conditioning system. Created in 1914 by Joseph Pilates, the focus of the Pilates method is creating strength and flexibility through specific, focused and controlled movements. Special emphasis is placed on the muscles that make up the “Core,” including the abs, glutes, back and hamstrings.

The state-of-the-art equipment in our Pilates studio utilizes a spring design system that uses resistance to work the muscles. The spring system assists and enables the body to achieve greater flexibility and range of motion and provides a workout which elongates and strengthens the muscles without adding bulk or stress to the joints and ligaments.

Each session will strengthen your entire body. You will leave feeling strong, energized and refreshed!