

Look what's new in the JCC Pilates Studio...

We are excited to announce that due to the popularity of the Pilates program here at the JCC we have added some new equipment for our members to use while training one on one or in a small group.

This private studio is now equipped with two Reformers, two Combo Chairs, and one Tower. The addition of this equipment provides an opportunity for members to advance in their overall Pilates workout and also increases the number of exercises that can be done and muscles that can be worked.

The use of Pilates machines can aide in building longer and leaner muscles, firm abs, tone buttocks, improve posture, and an overall increase in flexibility.

The following types of people can also get benefits from using Pilates machines:

- People with heart problems can use Pilates machines to help improve blood circulation.
- Pregnant women in the early stages of pregnancy can use Pilates machines to help boost their energy level.
- People with diabetes can use Pilates machines to help control their blood sugar level.

"After a couple of months of doing Pilates with Amy, I feel like I'm standing taller, breathing deeper, and more flexible than I have been in years!" – JCC Pilates Client



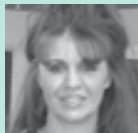
Pilates Reformer & Personal Training

Individual

1 hour	\$45
5 hours	\$210
10 hours	\$410
20 hours	\$800

Semi-Private (per person)

1 hour	\$32
5 hours	\$150
10 hours	\$290
20 hours	\$560



Amy Lindhorst
981-9911



Jen Goble
516-4840

Not only has the studio expanded...our staff has, too! Introducing Jen Goble, Mat and Reformer Pilates Instructor

Jen began practicing Pilates three years ago and has received her Mat and Reformer training through Balanced Body. She wishes to share her love of Pilates and show you how Pilates can work for you. Pilates will leave you feeling long, lean and toned. Jen's mission is to help her clients attain their personal goals of health, fitness and well being through the Pilates Method, giving each client a customized program designed specifically for their needs.

Call us and set up an appointment today!