

GROUP REFORMER PILATES SCHEDULE

Beginning February 4, 2019

Register and pay through the MINDBODY or the NOJCC app. If this is your first time registering through the app for these classes, please fill out the form located at nojcc.org/mindbody to gain access JCC Gold Member pricing **prior** to registering for classes.

All classes are 50 minutes and held in the Pilates Reformer Studio (Floor 3).

MONDAY			
TIME	CLASS	STUDIO	INSTRUCTOR
8:00 AM	Multi-level Reformer	PR	Kristin
9:15 AM	Multi-level Reformer	PR	Kristin
TUESDAY			
TIME	CLASS	STUDIO	INSTRUCTOR
9:15 AM	Multi-level Reformer	PR	Eric
5:30 PM	Multi-level Reformer	PR	Rachel
WEDNESDAY			
TIME	CLASS	STUDIO	INSTRUCTOR
9:00 AM	Multi-level Reformer	PR	Eric
5:30 PM	Multi-level Reformer	PR	Eric
THURSDAY			
TIME	CLASS	STUDIO	INSTRUCTOR
8:00 AM	Multi-level Reformer	PR	Rachel
FRIDAY			
TIME	CLASS	STUDIO	INSTRUCTOR
9:00 AM	Multi-level Reformer	PR	Eric
SATURDAY			
TIME	CLASS	STUDIO	INSTRUCTOR
9:00 AM	Reformer Circuit	PR	Eric

CLASS DESCRIPTIONS

REFORMER CIRCUIT Using the Reformer, the EXO chair, the jump board, and the spine corrector for a dynamic mix of movements for total body conditioning.

MULTI-LEVEL REFORMER Level 1-2 Reformer workout. Modifications for different levels of experience. Challenging variety of exercises and stretches to strengthen, lengthen, and tone your entire body. Focusing on core and total body control.

Fees

5 class package | \$125 member
 10 class package | \$220 member/\$300 non-member
 Drop-in | \$30 per class

New Orleans JCC
 Goldring Woldenberg Sports and Wellness Complex
 Monday - Thursday, 5:30 AM -10:00 PM | Friday, 5:30 AM -5:00 PM
 Saturday -Sunday, 8:00 AM -6:45 PM

