

# Personal Pilates Training

## What is Pilates?

The Pilates Method of body conditioning targets the deep postural muscles to help you achieve core stability and strength with improved muscle balance.

## The Benefits of Pilates...

Pilates offers you a gentle, but powerful approach to achieving your natural potential for optimal strength, flexibility and stamina. Pilates exercises are highly recommended for those who suffer from chronic neck or back pain, postural problems, sports injuries, osteoporosis, arthritis, stress-related illnesses, and many other conditions. Pilates, if executed correctly, will improve posture, inner strength, tone muscles, and provide relief from tension and stress.

## Is Pilates for Me?

Pilates is a safe, effective way of exercising. You are encouraged to execute the moves slowly and within your own range of movement, so it falls within everyone's capabilities. Pilates is used for athletic conditioning, rehab, pre & post natal, and general fitness.

## The JCC Pilates Program

Our Pilates program can drastically improve the way you move and feel. With your commitment our Pilates trainers will help you change your body. You will feel taller, develop core strength, lengthen muscle fibers, and leave feeling energized.

## Fee Structure

Session Type	Fitness Center Member Rate
Single private session - 1 hour	\$65
Package of 8 sessions - 1 hour	\$500
Package of 12 sessions - 1 hour	\$720
Single private session - 30 min.	\$40
Package of 8 sessions - 30 min.	\$300
Package of 12 sessions - 30 min.	\$420
Duo session - 1 hour	\$45 per person

*\*Pilates packages are non-transferable and non-refundable. \*\* Non-Fitness Center Members may purchase individual Pilates sessions. Guest fee plus Fitness Center pricing apply.*



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