

health &
wellness

at the
Sabes JCC



pilates reformer

The JCC Fitness Centers commitment is to always offer the latest trends in fitness. The Reformer is the main piece of equipment used in the Pilates Method. Reformer exercises use spring resistance to elongate and strengthen the entire body, challenging balance and strength.

REFORMER PRIVATE	
1 Session	\$68
4 Sessions	\$252 (\$63 per)
8 Sessions	\$480 (\$60 per)

REFORMER PARTNER	
1 Session	\$110 (\$55 per)
4 Sessions	\$400 (\$50 per)
8 Sessions	\$720 (\$45 per)

REFORMER GROUP (3-4 people)	
4 Sessions	\$120 (\$30 per)

INTRO SESSION	
2 Sessions	\$80 (\$40 per)

**All sessions are 55 minutes long*

Appointments Available:

Heather Fossum

Tuesday/Thursday: 9 AM - 1 PM

Friday: 9 AM - 5 PM

Cindy Salyards

Monday: 12:30 PM - 2:30 PM

Tuesday: 11 AM - 2:30 PM

Wednesday: 11 AM - 12:30 PM

For questions regarding Pilates Reformer please contact Joe Brooks at jbrooks@sabesjcc.org or (952) 381-3418.

sabesjcc.org



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minneapolis