



JCC ROCKLAND

# PILATES TRAINING

## *Riley Family Pilates Studio*

Core strength and the **six Pilates principles—centering, control, flow, breath, precision and concentration—**set the Pilates method apart from other types of exercise. All exercises are developed with modifications that can make a workout safe and challenging for a person at any level.

Mindful movement can help decrease back pain, improve posture, improve coordination, balance, relieve stress, and improve athletic performance.

### **RATES**

Single 60-minute Session: \$90

### **PACKAGES**

#### **60-MINUTE SESSIONS**

5 Sessions: \$425

10 Sessions: \$795

20 Sessions: \$1,495

#### **30-MINUTE SESSIONS**

5 Sessions: \$275

10 Sessions: \$515

20 Sessions: \$965

### **PARTNER TRAINING SESSIONS**

#### **2 PEOPLE, 60-MINUTES**

5 Sessions: \$290 (per person)

10 Sessions: \$495 (per person)

20 Sessions: \$895 (per person)





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## **Complimentary 30-minute Pilates reformer introduction**

Available upon request to members  
and the public.

## **Group Pilates Reformer Classes**

A fun and economical way to experience  
Pilates. Class schedule is available based on  
demand and may vary every 6 weeks.

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**Contact Lauren Saltus for more  
information and to be matched with the  
best Pilates coach for your specific goals.  
Call 845.662.4400 ext. 112, or email  
[laurens@jccrockland.org](mailto:laurens@jccrockland.org).**

