



DIAMOND
FAMILY FITNESS CENTER
at the **J**

PILATES

REFORMER CLASSES

Athletic Training Reformer

Challenges coordination, strength/bility, and offers core conditioning up to the advanced level. Prior approval for this class is required to ensure that the pace and safety of the class is maintained.

INT/ADV

Classic Reformer

Focuses on safe, effective toning of the entire body using a Pilates based approach to fitness. This is a great introduction to the Pilates group classes after the intro series or anyone wanting to learn better form.

BEG/INT

Express Interval Reformer

This class is quick paced 45 minute Pilates Reformer class that incorporates jumpboard intervals as well as classic Pilates movements.

BEG/INT/ADV

Jumpboard Interval Reformer

This is a mix of classic reformer exercises and Jumpboard aerobic training.

INT/ADV

SUNDAYS

10:00 – 11:00am Classic Reformer

MONDAYS

6:00 – 7:00pm Classic Reformer

TUESDAYS

9:00 – 10:00am Jumpboard Interval

10:00 – 10:45am Express Interval

WEDNESDAYS

6:00 – 7:00pm Jumpboard Interval

THURSDAYS

8:30 – 9:30am Athletic Training

9:30 – 10:30am Classic Reformer

10:30 – 11:15am Express Interval

FRIDAYS

6:00 – 7:00am Athletic Training

9:00 – 10:00am Athletic Training



10 SESSIONS: \$200, 60 MINUTE GROUP CLASSES

20 SESSIONS: \$360, 60 MINUTE GROUP CLASSES

DROP-IN: \$30 PER CLASS



**The Jewish Community Center
of Greater Columbus**

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