

PILATES TRAINING PRICING

CLASSIC PILATES

Improve your core strength, balance, flexibility, and posture with a traditional Pilates fitness routine customized to fit your body's needs, whether it's strength training or recovery from injury. Our certified trainers will safely guide you through a series of structured, low-impact strength and endurance movements utilizing a suite of tools and equipment in our Pilates Studio.

Private 30-minute sessions	Total
1 session	\$38
10 sessions	\$332 (\$32/session)
20 sessions	\$556 (\$29/session)

Private 60-minute sessions	Total
1 session	\$61
10 sessions	\$545 (\$54/session)
20 sessions	\$1006 (\$50/session)

PILATES+

A specialized modality, Pilates Plus kicks your practice up several notches, targeting your wellness goals with laser precision, and is best suited for those looking for an advanced-level Pilates practice. Led by our Nationally Certified Pilates Teachers who have earned the internationally-recognized National Pilates Certification Program, the highest industry accreditation, each session delivers a heightened body awareness and resilience against injury.

Private 30-minute sessions	Total
1 session	\$51
10 sessions	\$441 (\$44/session)
20 sessions	\$777 (\$39/session)

Private 60-minute sessions	Total
1 session	\$83
10 sessions	\$767 (\$77/session)
20 sessions	\$1248 (\$71/session)

Duet, group, larger package, and new member pricing are also available. All listed rates are for Health & Wellness Center members. For guest rates, contact personalservices@jewishforgood.org

Visit www.jewishforgood.org/personal-services to get started!