Pilates is an efficient exercise method that helps you build strength, improve flexibility, and develop balance and coordination. It is a low-impact form of exercise that is suitable for people of all ages and fitness levels, making it an ideal way to get fit and healthy.

Pilates is also a great way for reducing stress and improving posture, which can help alleviate back pain and other common ailments. With regular practice, Pilates can help you achieve a lean, toned body and a deep sense of relaxation and well-being.

**Pilates Options**

**Pilates Professional**
Every APJCC Pilates instructor has at least 1-year of experience and a nationally accredited Comprehensive Pilates Certification. They are qualified to train healthy individuals in the Pilates method and are equipped to handle minor musculoskeletal issues.

**Master Pilates Professional**
In addition to meeting all of the requirements of the Pilates Professional, Master Pilates Professionals have 10+ years of experience in teaching the Pilates method, advanced certifications, and are qualified to adapt exercises to clients with more serious postural and musculoskeletal issues.

**Rates**

**Pilates Professional**
One 55-minute session $100
Four 55-minute sessions $380
Eight 55-minute sessions $730

**Master Pilates Professional**
One 55-minute session $110
Four 55-minute sessions $405
Eight 55-minute sessions $780

*For a more extensive list of Pilates packages including pricing for duets, trios, Allegro classes, and non-member rates, please Pilates@jvalley.org or call 408.357.7494.*