



PILATES REFORMER

PRIVATE SESSIONS

JCC LOS GATOS

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.*