

FREQUENTLY ASKED QUESTIONS



What is Pilates?

The Pilates method is an affective, balanced, and safe approach to a fitness conditioning that you can begin practicing in any fitness level or age. Pilates addresses both general and specific goals—sports performance, injury prevention, or the need for overall better health.

How is Pilates different from yoga?

Both are low-impact methods that emphasis physical and mental wellbeing. But Pilates mainly focuses on core strength and yoga mainly focuses on flexibility and spiritual awareness.

What is a Reformer?

It's a bed like frame with a moving platform that attached to springs and pulleys. The spring creates resistance like weights.

What are the benefits?

Pilates helps keep your body and mind aligned throughout your lifetime. As a student of Pilates, you will experience that your mindful, precise, fluid movements will spur and support a rapid improvement in your core, strength, flexibility, and stability. With regular practice, you'll feel great and look amazing.

What should I wear?

When attending a Pilates reformer class, it's important to wear comfortable and flexible clothing that allows for a full range of motion. Wearing the right attire will help you focus on your practice and enhance your overall experience in the reformer class.

TO RESERVE YOUR SPOT - DOWNLOAD THE GLOFOX APP, SEARCH FOR "JEWISH COMMUNITY CENTER," AND SIGN IN ONCE WITH YOUR EMAIL AND PASSWORD. FROM THERE, YOU CAN RESERVE YOUR SPOT FOR ANY OF THE CLASSES

THE JCC HAS A 24-HOUR CANCELLATION POLICY, LATE CANCELLATIONS ARE NON REFUNDABLE.