



Two instructors for  
one great class!



**Instructor:  
Deborah Rothschild**



**Instructor:  
Juliet Settlemer Ivey**



Levy Family Campus  
14855 Oka Road Suite 201  
Los Gatos, CA 95032

**pilates**

**reformer**

# **Pilates Circuit Training**

Complimentary demo class held on  
Thursday, April 22nd  
11:00-12:00pm

Classes run Thursdays,  
April 29th–May 27th  
11:00-12:00pm  
Studio B

**Kick your metabolism into high gear with an  
intensive, energy-boosting core circuit training  
workout incorporating:**

- Pilates Reformers
- Cardio Drills
- Strength work

**\$125 for members; \$175 for nonmembers**  
**Drop in: \$30 per class for members; \$40 for nonmembers**  
limited to 12 participants

**Testimonial:**

“Thank you JCC for offering pilates/circuit training. It’s probably one of the best classes I have ever taken and I’ve taken many. What a brilliant way to combine pilates and different cardio drills. It’s a fun way to get an amazing work out and literally exercise every muscle in your body. Your two expert instructors lead a routine that burns calories thru the different cardio exercises while toning the different muscle groups.”

“This class will absolutely jump start anyone’s fitness program and take it to a completely new level.”

Again, thank you so much.  
Farima N. Yeganegi, D.C.

**To register**, please fill out a registration form and turn it into the Service Desk

For more information contact Deborah, Pilates Manager, at 408.357.7440 or [pilates@svjcc.org](mailto:pilates@svjcc.org).