



# **pilates**

# **reformer**

## **Private Customized Classes**

Are you interested in taking Pilates Reformer classes with your friends or family members? Just let us know and we will start a private customized class just for you!

### **Enjoy the benefits of Pilates Reformer Training!**

- Longer, Leaner Muscles
- Core Strength & Stability
- Better Posture
- Improved Balance & Coordination
- Injury Prevention
- Effective Post-Rehabilitation

### **We offer a variety of formats to meet your needs!**

- Pilates for Skiing and Snowboarding
- Athletic Conditioning
- Pilates for Cyclists
- Pilates for Golf and Racquet
- Pilates Boot camp
- Osteo Pilates
- Gentle Pilates
- Pilates for Teens
- Prenatal Pilates
- Pilates for Fitness and Wellness



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## **Registration Information**

For questions or to sign up, contact Juliet Pilates Lead, at 408.357.7427 or [juliets@svjcc.org](mailto:juliets@svjcc.org).

<http://www.svjcc.org>