

# Pilates Reformer May Demos

## Gentle Pilates 6-person

With Debbie Honeycutt

Friday, May 2, May 9, & May 16 1:30pm-2:30pm

## Beginner Trio

With Rosalynn

Monday, May 12 6:30pm-7:30pm

Monday, May 12 7:30-8:30pm

Wednesday, May 14, 21, & 28 12:00pm-1:00pm

## Beginner Trio

With Kristen

Thursday, May 15, 22, & 29 7:00pm-8:00pm

Friday, May 16, 23, & 30 9:15am-10:15am

## Beginner Trio

With Stacy

Tuesday, May 13, 20, & 27 7:00pm-8:00pm

## Beginner Trio

With Sally

Thursday, May 15, 22, & 29 9:00am-10:00am

## Beginner 6 person

With Kristen



Adrienne-Penzak  
**JCC**  
Silicon Valley

Lay Family Campus  
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## Registration Information

Sign up at the Pilates Table in Fitness A or contact Deborah, Pilates Manager, at 408.357.7440 or [deborahr@svjcc.org](mailto:deborahr@svjcc.org).

<http://www.svjcc.org>