It’s one of the major advantages of belonging to a wellness center and not just a gym or fitness boutique. Understanding the whole person is our priority, and to do this, we employ a skilled, inspirational team of certified, fitness instructors who are available to meet individually with members to provide free fitness evaluations and personal orientations that allow them to find fitness routines that are right for them. Our greatest reward comes from knowing we have made a difference in the quality of life for our members, as in the case of Jackie, a longtime member of the JCC.

Jackie, who has an advanced engineering degree from Columbia University, has always been dedicated to fitness. Born in Romania, Jackie excelled as a swimmer and earned a spot on Romania’s national swim team, where she competed in the backstroke. She later moved to Israel, where she attended college and swam across the Sea of Galilee. She eventually came to United States with her husband and enjoyed an amazing career that has included foundation engineering and radiation shielding for oncology centers.

Athletic and competitive, Jackie joined the JCC and has been a member for over 20 years. Never a stranger to adrenaline-boosting fitness regiments, she worked out regularly with a personal trainer but over the years and after recovering from a health issue, her “no pain, no gain” routine became too much. Sideline from the types of activity and workouts she was accustomed to, Jackie was eager to find new options that would be healthy and work for her body. As a longtime member of the JCC health club, Jackie arranged to meet with Fitness Director Barbara Marrott. After a consultation and a review of Jackie’s current needs and goals, Barbara suggested that Pilates might be a good fit for her, and from day one, it has changed her life.

We all know it’s true—exercise is important. Regular physical activity helps our body’s systems function better, keeps heart disease, diabetes, and other diseases at bay, and like it or not, it is a key ingredient for losing weight. While any fitness routine can be good for you, it’s essential to find the right activity that you can not only fall in love with and stick to, but that also works for your body and health needs, and that can help you achieve your goals.

At the JCC, we pride ourselves on being able to help our members find that personal wellness “sweet spot.”
“Pilates strengthens core muscles, from the inside to the extremities, to build strength and bring the spine to its most natural alignment,” explains Haley. “The end result is better posture, a stronger physique and greater flexibility. It also reduces physical ailments such as back pain. However, what makes Pilates really special is that without being invasive or overly mechanical, it can help people like Jackie regain real quality of life. And the JCC is the perfect place to do it because it is offered in the context of a unique and extensive wellness facility dedicated to whole-body health. We feature special modalities that can boost accomplished athletes to new fitness levels, as well as great options for one-time athletes like Jackie, who are seeking new fitness alternatives. But we also provide sports-specific and post-rehab training for people struggling with illness or injuries and can even train singers to increase their lung capacity. The possibilities are endless and the JCC makes it possible because of the enormous scope of its offerings that can be tailored to almost anyone’s needs.”

“It was out of shape and could no longer push myself the way I was used to, but from my very first session, I knew that Pilates was exactly what I needed. Haley Shoor, the Pilates Director, worked intensely with me for over an hour, and surprisingly, I didn’t feel fatigued. That first class was enough to earn my full commitment, and now, less than two years later, I feel like a new person. The health benefits are just amazing, because Pilates strengthens your core and gives you better poise and posture, but it also requires thought and concentration in ways that help you feel physically and mentally centered. I’ve truly never felt better and I’ve never met anyone more knowledgeable about the human body than Haley. She understands the most minute and subtle aspects of human anatomy and despite my limitations, she has never suggested an exercise that hurt me and always has an intelligent answer for every health question I have ever asked. Life has taken me to a new place and I now tell everyone that if they love and value their body, they should take Pilates with Haley because it is the gift of health and overall well-being.”

The JCC offers a full spectrum of year-round health and wellness programs, taught by a caring and motivational staff that can assist people in achieving their health and wellness goals at every age and stage of life. For advice on how to find your own roadmap to wellness success at the JCC and schedule a free fitness orientation call 201.408.1475. For more information about the JCC’s Pilates program visit jccotp.org/health-wellness or contact Haley Shoor at hshoor@jccotp.org or 201.569.7900 x412.

I’m not usually someone who speaks spiritually about being in the right place at the right time, but that is how I have come to feel about my Pilates experience at the JCC.”