

PILATES AT THE J

Weekly Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SUNDAY
8:00 AM - 9:00 AM Reserved for Private & Group Training	8:00 AM - 12:00 PM Reserved for Private & Group Training	8:00 AM - 9:00 AM Open Pilates Class* Jennifer Seidel ★	8:00 AM - 11:00 AM Reserved for Private & Group Training	8:00 AM - 12:00 PM Reserved for Private & Group Training	8:30 AM - 9:30 AM Open Pilates Class* Michal Yogev
9:00 AM - 10:00 AM Open Pilates Class* Michal Regev ★				11:00 AM - 12:00 PM Open Pilates Class* Nily Orin	12:00 PM - 1:00 PM Open Pilates Class* Michal Yogev ★
11:00 AM - 5:00 PM Reserved for Private & Group Training			12:00 PM - 8:00 PM Reserved for Private & Group Training	1:00 PM - 2:00 PM Open Pilates Class* Michal Yogev ★	★ New Class!
5:00 PM - 6:00 PM Open Pilates TEEN* Class (ages 14-18) Moria Gorelik ★					
6:00 PM - 7:00 PM Open Pilates Class* Moria Gorelik ★	1:00 PM - 8:00 PM Reserved for Private & Group Training				
7:00 PM - 8:00 PM Reserved for Private & Group Training					

*All Open Pilates Classes can be booked on the JCCOTP app.
Must purchase class credits prior to booking.
Purchases can be made on the app or at the courtesy desk.
Private, Semi-Private and Group Training are available upon request.
Contact pilates@jccotp.org or Hagit Tal, Fitness Director at 201.408.1472

To purchase on the app:

1. Click "Purchase Here" next to the class you want to book.
2. Scroll to Pilates Reformer Training
3. Select 60-Min Pilates Small Group Drop-In
4. Once your credit is successfully purchased, return to the app to book the class.

