



# PILATES REFORMER WITH JANA

*Align Your Body, Elevate Your Strength*

**Small Group Sessions  
(50 minutes)**

**Tuesdays — 9:00 AM  
Thursdays — 9:30 AM**

Our 50-minute Small Group (3-6 participants) sessions are a fantastic way to benefit from a Pilates workout in a fun setting. We keep groups small to ensure you get the attention, education, and motivation you want and deserve. You can always expect a variety of workouts to challenge, inspire and compliment your goals.

**Intro to Equipment Sessions  
(Complimentary, 30 minutes)**

**Tuesdays — 11:15 AM  
Thursdays — 10:30 AM**

NEW students are required to attend a 30 minute Intro to Equipment session. This Intro session is designed to familiarize you with the Pilates Reformer. Learn proper setup, safety, alignment, and foundational movements while building core strength and confidence on the equipment.

## Ready to Get Started?

Email Donna to schedule your complimentary Intro Session or reserve your class!

[dfosterlarocque@longfellowhealthclubs.com](mailto:dfosterlarocque@longfellowhealthclubs.com)

**All sessions must be pre-registered at the welcome desk.**

## Meet Jana

### Experience

- Teaching Pilates since 2001 with training in Mat (2002), Comprehensive Equipment (2003), and the Pilates Method Alliance certification (2011)
- Continued studies in breathwork, mindfulness, and TRX/PSM, along with five years as a Physical Therapy Aide, using Pilates to support whole-body wellbeing and confident movement

### Teaching Philosophy

- Smaller, cleaner movements create deeper strength and better results.
- Encourages clients to listen to their bodies and build strength in a way that deepens their mind-body connection, with benefits that extend into everyday life

Join her for **Mat Pilates every Tuesday at 10:00 AM** — included with your membership! A great way to experience her teaching style, breathwork cues, and focus on alignment.

