



PILATES REFORMER WITH JANA

Align Your Body, Elevate Your Strength

Experience the Reformer Difference

Discover how alignment-driven movement can transform your strength, posture, and overall performance. Pilates Reformer delivers a full-body, low-impact, high-output workout that improves mobility, endurance, and core stability through intentional, precise movement.

Whether you want to enhance athletic ability, lengthen the spine, improve coordination, or simply move better in your daily life, Reformer is a powerful training method that challenges your body in all the right ways.

What Is Reformer Training?

The Reformer uses a sliding carriage and adjustable springs to provide resistance training unlike anything else. Each exercise blends strength, control, breathwork, and concentration to build deep muscular engagement and elevate whole-body awareness.

For all Fitness Levels

From beginner fundamentals to advanced athletic conditioning, Reformer meets you where you are and helps you grow. Small sessions, individualized attention, and expert guidance.

Ready to Get Started?

Email Group Training Director, Donna Foster-Larocque, to book your free 30-minute session or reserve your introductory package!

dfosterlarocque@longfellowhealthclubs.com

INTRO OFFER

**FREE 30-MINUTE MEET & TRY
REFORMER SESSION WITH JANA**

Choose Your Starter Package:

\$99

**Three 55-minute
one-on-one sessions**

\$150

**Five 55-minute
group reformer sessions**

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

- Neatness counts, and that smaller and cleaner movements are better than lots of big sloppy reps.
- 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.

