

JCC Pilates Studio – Trainer Biographies

Pilates Studio training is available for members and nonmembers, by appointment only. All sessions are 55 minutes. Multiple session discount packages are available. Discounts for training with two or three people are also available.



RISA ARONSON

Risa is a certified STOTT Pilates and Pilates for Golf instructor. She is also an Injury and Special Populations certified instructor. She teaches on all apparatus in the JCC Pilates Studio. Risa also teaches a variety of other exercise modalities, including muscle strength and conditioning, TRX Suspension training, Urban Rebounding, Bosu, Step and Aerobic Dance. Risa and her family have been members of the JCC since its inception. She enjoys skiing, kayaking, and spending quality time with her family in the Berkshires.



STEPHANIE COOPER

Stephanie has been teaching Pilates since 2007. She decided to pursue a career in Pilates after injuring her back and using the practice of Pilates to rehabilitate. She fell in love with Pilates and completed the STOTT Pilates training program shortly thereafter. Stephanie graduated with a BA in Education from the University of Hartford. She lives in Needham with her family and enjoys walking and expressing herself through art and cooking with her daughter.



BONNIE LERNER

Since 1998, Bonnie has taught Pilates to hundreds of people of all ages and abilities. She has special skill and experience in adapting instruction to the individual needs and goals of her clients, including those with back problems. Bonnie is certified in both Matwork and Apparatus through the PhysicalMind Institute. She is also certified in TRX, Bosu, and Swiss Ball. Bonnie holds a Bachelor of Fine Arts degree from Mass. College of Art and a Master's degree in Occupational Therapy from Boston University. She also teaches Men's Pilates and Pilates on the Ball at the JCC. Bonnie lives in Newton with her family, and is an accomplished artist.



JUDI REED

Judi is certified to teach Pilates, mat Pilates and Pilates apparatus. An avid runner, tennis player and golfer, she believes that Pilates training makes participation in all sports easier. Judi holds a degree in International Relations from the University of Delaware; and an MBA from Babson. She lives in Brookline and has been a devoted Pilates participant since 1998.



MICHELLE SILBERMAN

Michelle is a certified STOTT Pilates and yoga instructor. She holds a BA in theater and dance from Duke University, and an MFA in theater from Brandeis. She has completed yoga instructor training with Beryl Bender Birch, Nancy Gilgoff and Manju Jois. Currently, Michelle teaches at Tufts Medical School. She also designs yoga and Pilates based workshops for companies such as Forum Corporation, Stern School of Business, EDS and Faulkner Hospital. Michelle has a strong daily yoga practice and she is passionate about creating daily wellness and joy.



Yael ZOHAR-GABAY

Yael is a STOTT Pilates certified trainer, Zumba instructor, and bellydancer. She holds a Master's Degree in Dance Anthropology from Tel Aviv University. As a Pilates trainer, she specializes in working with clients with spinal injuries as well as with prenatal and postpartum women. Yael's teaches in a noncompetitive environment, and encourages a safe, gentle workout to help achieve tone, balance, posture awareness, and strength. Yael enjoys cooking, knitting, reading and the theater. She is originally from Israel and currently resides in Newton.



For more information on Pilates training at the JCC or to set up a training session in the Pilates Studio, contact 617-558-6460 or pilatesstudio@jccgb.org.