

# Core Pilates & Yoga Pilates Teacher Training Program

## **Upcoming Course Dates 2017**

### **\*Mat I: March, 24, 25 & 26**

Friday, 3/24 12 - 5 pm; Saturday, 3/25 9 - 5 pm and Sunday, 3/26 9 - 5 pm

### **\*Reformer I: May 18, 19 & 25, 26**

Thurs., 5/18 5 - 9 pm; Fri., 5/19 9:30 - 4 pm and Thurs., 5/25 5 - 9 pm and Fri., 5/26 9:30 - 4 pm.

### **\*Mat II & III: June 23, & 24**

Friday, 6/23 9 - 5 pm; Saturday, 6/24 9 - 5 pm

### **\*Pilates Fitness Chair: August 14, 16 & 17**

Mon. Wed and Thurs. 5 – 9 pm each night

### **\*Spine Corrector/Ladder Barrel: September 9 & 10**

Sat. & Sun. 8 – 5 pm

### **\*Reformer II: October 20, 21 & 22**

Friday, 10/20 10:30 – 4:30 pm; Saturday, 10/21 9 - 5 pm and Sunday, 10/22 9 - 5 pm

### **\*Tower/Half-Trap: November 10, 11 & 12**

Friday, 11/10 10:30 – 4:30 pm; Saturday, 11/11 9 - 5 pm and Sunday, 11/12 9 - 5 pm

- Days and Times subject to adjustment per student needs.
- Ancillary training for Reformer 1, 2 and Tower will be determined by group consensus.
- *For example; rather than a Friday day time, may substitute a Friday evening and Monday evening. Goal is student comprehension of material in a realistic timeframe.*
- \*Denotes courses required for 450-hour comprehensive training.