

Core Pilates & Yoga Pilates Teacher Training Program

Upcoming Course Dates 2018

Jump Board Blast Off: Sunday, February 11 from 8:30 – 1 pm

The Fit Biz: 2 Evenings, days/times TBD

Barre Fitness Training: March 3 & 4 (Saturday/Sunday 9 – 5 pm)

*Mat I: March 23, 24 & 25 (Friday/Saturday/Sunday 9 – 5 pm)

*Reformer I: April 20, 21 & 22 (Friday/Saturday/Sunday 9 – 5 pm)

*Mat II & III: June 2 & 3 (Saturday/Sunday 9 – 5 pm)

*Reformer II: June 30 & July 1 (Saturday/Sunday 9 – 5 pm)

*Days and Times subject to adjustment per student needs & ancillary training will be determined by group consensus.

Tower, Barrel and Chair Trainings will be scheduled for the fall/winter; dates TBD

Individual Pricing for each Training Module

Mat I	\$595	Mat II / III	\$495
Reformer I	\$895	Reformer II	\$895
Tower/Half Trap	\$595	Pilates Chair	\$595
Step Barrel (Arc)	\$295	Ladder Barrel	\$295
Jump Board	\$99	The Fit Biz	\$99
<i>Mat Work Fusion</i>	\$395	<i>Barre Fitness</i>	\$395

All individually priced programs may be schedule on-line at www.corepilatesandyoga.com

Package Pricing Discounts

Mat Comprehensive: Mat 1, 2, and 3 = \$895 (*savings of \$195*)

Reformer Comprehensive: Reformer 1 & 2 = \$1500 (*savings of \$290*)

PMA Comprehensive: \$4000 (*savings of \$858*)

Includes: Mat 1, 2 & 3; Reformer 1 & 2; Tower, Chair, Barrels & Jump Board

To register for package pricing please call Lara at 412-551-9811; registration cannot be done independently on-line.

For More Information Visit: www.corepilatesandyoga.com and www.zenlates.com