

PILATES INTENSIVE TEACHER TRAINING

Movement Principles

FRIDAY, FEBRUARY 8th | 2:00 – 6:00pm*

SATURDAY, FEBRUARY 9th | 9:00am – 1:00pm*

\$525 COURSE FEE

*ACTUAL HOURS MAY DIFFER

The Movement Principles course provides a solid foundation for training in any environment, with any equipment. You will come away with a complete tool box for effectively training clients to recover from injuries, improve their general fitness and enhance their performance.

Mat 1

SATURDAY, FEBRUARY 9th | 1:00 – 6:00pm*

SUNDAY, FEBRUARY 10th | 9:00am – 6:00pm*

\$525 COURSE FEE

*ACTUAL HOURS MAY DIFFER

Mat 1 includes an introduction to the history and principles of Pilates, a review of core anatomy, beginning and most intermediate level exercises with modifications, lectures on class order and programming in a fitness setting and guidelines for safely teaching seniors and pre/post-natal classes.

LOCATION:

Airport Health Club
432 Aviation Blvd
Santa Rosa Ca 95403
707.486.5642
www.airportclub.com

REGISTER:

For more information or to sign up,
please contact Gwen Miller.
707.486.5642 | Gwenm@airportclub.com