



Mind-Body Fitness Instructor Training

Why choose ZenLates™ Training?

'Zen' – means to be in the presence of mind and body. 'Lates' – stems from the Pilates principles of movement and alignment... our training offers the opportunity to "experience the prana of Pilates". ZenLates™ Training Systems provide information to enhance your existing fitness teaching skills or start you on a new career path. This training forms an integrated movement system balancing the mind/body fitness disciplines of Pilates, Yoga and Functional Fitness to create a customized client-centered approach to wellness. All of our courses are presented with hands on application and experience; lecture; professional manuals and; recommended reference materials.

Expand Your Career!

All trainings are ideal for:

Personal Trainers

Group Fitness Instructors

Pilates Instructors

Yoga Instructors

Post-Rehab Therapists

Fitness Enthusiasts

Menu of Services

Pilates Based Movement Level 1 (Course Length: 40 hours + *practicum)

This intensive training is our signature program preparing the instructor to conduct both Small Group and Private Pilates Equipment Based Training. Pilates Based Movement Level 1 presents over 100 exercises utilizing the Pilates Reformer and Tower for core stabilization, strength and mobility. Enhance each workout with transitions of yoga stretches, balance and functional fitness training. This course is presented over two separate weekends or as a week-long intensive. *Practical experience of observation hours, personal practice and private/small group training is required for the successful completion of the course.

Pilates Based Movement Level 2 (Course Length: 20 hours + *optional practicum)

Expand upon your teaching skills with more complex movements and combinations. Enhance your client's workouts through exercises which offer a deeper focus on breath work and core stability. Utilize a variety of props to enhance muscular connections and firing patterns during the workout and learn integrated training with reformer and tower combinations for added challenges. This training will take your Pilates movement education to the next level aiding in the continued recruitment of clientele. *An optional practicum is available to further solidify the course material.





Pilates Fitness Chair Training (Course Length: 6 hours)

This workshop will expose you to the modern day Pilates Wunda Chair. Add versatility to your current Pilates programming and spice to your mind/body small group trainings. The Pilates Fitness Chair Training offers a full repertoire of movement utilizing the Peak Pilates MVe Fitness Chair – this apparatus is a small, powerful dynamo, packing a punch to any workout regimen. You will be able to challenge your client’s strength, muscular endurance and balance with over 50 new exercises.



Jump Board Blast! (Course Length: 4 hours)

Blast Off with this combination of core training and aerobic exercise with the jump board on the Pilates Reformer. Learn choreographed combinations, interval training plus safety and proper body mechanics. A great workshop to attract the athletic client and those seeking a more cardiovascular workout!

ZenLates™ Mat (Course Length: 20 hours + *optional practicum)



This innovative system of movement is a blend of Pilates Mat, Yoga Asana and Fitness Core Training. The combination works to strengthen, balance, align and focus the mind/body. We will work to create a more powerful core, allowing the body to move with increased flexibility and endurance. This course will offer both modifications and advancements for each movement and examines the fundamentals of traditional Pilates Mat Work, contemporary core training with props and flow style Yoga Postures. Add unique combinations to your existing Mat/Yoga classes or take the first step to teaching a mind/body flow practice.

Registration Information:

- Advanced registration is required for all programs and a deposit is required for Pilates Based Movement Level 1, 2 and Mat NRG. Training Fees include materials and manuals; additional fees apply for the practical hours in the event of using the host studio location.
- 2 ways to Register:
 - Phone: 724.933.0500 or 412-551-9811 (Discounts applied by phone registration only)
 - On-line: www.corepilatesandyoga.com
- For further information contact: Lara Garda at lara@corepilatesandyoga.com
- All trainings are held on location at CORE Pilates & Yoga Studio, 2607 Nicholson Road, Sewickley, PA 15143. Separate training packages are available for off-site training.



Training Dates for 2011-2012

Course	Dates	Times	Fee	Details
Fitness Chair Training	Saturday, November 12 th	11 am – 5 pm	\$250	Previous Pilates experience recommended. Limited number of enrollment slots available!
Jump Board Training	Sunday, November 13 th	9 am – 12 pm	\$100	Previous reformer experience recommended.
Pilates Based Movement Level 2	Friday - Sunday December 2 – 4 th	Friday: 6 – 10 pm Saturday: 11 am–7 pm Sunday: 9 am–6 pm	\$450	Optional practicum hours will be made available to enhance successful completion. Paid Registration by 11/22/11 receives \$50 off
Pilates Based Movement Level 1	Two weekends: <i>Dates TBA for Late Spring 2012!</i>	Friday: 6 – 9:30 pm Saturday: 11am–7 pm Sunday: 9 am–6 pm	\$850	Additional practicum hours are required for successful completion. Additional fees apply. *Attendance required for both weekends.
ZenLates™ Mat	Friday - Sunday March 2 to 4 th	Friday: 6 – 9:30 pm Saturday: 11am–7 pm Sunday: 9 am–6 pm	\$450	Previous yoga and pilates mat experience recommended but not required. Paid Registration by 2/17/12 receives \$50 off

Already attended a training?... re-training rates are available – please e-mail Lara.

Certificates and course outlines provided for the petition of fitness professional organization CEC's