



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