

Power Pilates - FALL WORKSHOPS & CERTIFICATIONS

CERTIFICATIONS

Intermediate Mat Certification \$500

Fri/Sat/Sun - September 18-20

During the intermediate mat weekend you will learn the 13 additional intermediate level mat exercises and how to incorporate them into the beginner-level sequence. You will continue to develop teaching skills that will enable you to become an excellent and confident instructor. Our students claim that "everything starts to click" during the Intermediate Mat weekend. Once you complete Intermediate, you will have the ability to work with people of all ages and different fitness levels at the same time. This is a fantastic weekend for all.

Friday 4-8PM SAT 11-5PM SUN 9-3PM

ACE & AFAA Credits available

APPARATUS CERTIFICATION - SYSTEM 1

Weekend Dates: Oct 16-18 Nov 6-8 Nov 20-22 Dec 4-5

TIMES: Fri 2-8 Sat 11-5 Su 9-3

A fantastic way to get started with teaching Pilates efficiently and effectively. With System Training you receive the highest quality classical Pilates education in a time frame conducive to your busy schedule! This 2-month program is a fantastic point of entry into teaching classical Pilates on the apparatus.

During this 2 month, self study program, including four weekend intensives (66 in-class hours), you will learn the exercises, complete practice drills and experience hands-on training. Learn to teach a 60-minute private, duet, and semi-private session to beginner, beginner/intermediate level clients utilizing Pilates apparatus based on the individual needs of the client (including modification, variations for advancement, and special case clients)

PREREQUISITE

Power Pilates Beginner Mat Certification*

****Beg Mat Cert is being offered in Mt. Pleasant, SC (Charleston) Sept 25-27 For Specifics, Contact Joyce at Low Country Pilates - a Power Pilates Participating Studio***

Attend a minimum of 25 classically taught apparatus sessions prior to the certification
Brush up on your anatomy and/or attend Power Pilates Basics of Anatomy course prior to the certification

REQUIREMENTS

Attend 4 weekend intensives

Complete 150 self-study practice hours, starting after weekend 1 and completing before weekend 4.

Find people to act as practice clients (people to whom you can teach a workout while you learn).

Practice at your Power Pilates Training Center or at a studio closer to home

FEE \$2800

Beginner Mat Certification Nov 13-15 \$500

Friday 4-8PM SAT 11-5PM SUN 9-3PM

WORKSHOPS & WORKOUTS

Saturday - September 26 AT STONE CREEK

Semi Private Reformer Workout with Stacie Dombrowski 12-1pm \$50

Watch, listen, learn and enjoy a session from a Power Pilates Teacher Trainer. If you are not attending a session, but wish to observe, there is a \$20 fee per hour.

What about us? Review and Learn Jumpboard, Ped-o-Pull, and Sandbag with Stacie Dombrowski 1-4pm \$105

Dust off the Ped-A-Pull, jazz up your clients with some jumpboard, these fabulous creations are often overlooked. Reenergize your sessions.

CEC: 3PP, 3PMA

Saturday - October 17 AT LOCHMERE

Semi Private Chair Workout with Christine Nowicki 12-1pm \$50

Watch, listen, learn and enjoy a session from a Power Pilates Teacher Trainer. If you are not attending a session, but wish to observe, there is a \$20 fee per hour.

A Way To Spot with Christine Nowicki 1-4 PM \$105

"How to?" and "Where to?" are often asked questions regarding the most efficient and safest ways to spot. As a teacher, how much or how little should I spot? In this workshop, Christine will share her experience as to the "how's" and "why's" of correct spotting. You will work on all apparatus, but the focus will be on intermediate Mat and Reformer exercises.

Prerequisite: Intermediate level apparatus teaching experience.

CEC: 3PP, 3PMA

Remember, you can contact us ANYTIME to Schedule a Private Session with one of our Teacher Trainers - a great way to "Reboot" your own personal practice! No need to wait for workshops.

How to sign up?

Power Pilates Website – on-line registration

Call Power Pilates 212-627-5852

FAX in a Registration Form which can be accessed on our website.

Register Directly with our studio for all the 1-hour "workouts"

and we are happy to assist you with all other registrations if need be.

Please visit the Power Pilates Website for complete details on the Power Pilates Certification and CEC Programs. For specifics on the weekend and studio location, please call us at 919-466-9989.

Triangle Pilates has 2 studios, both located 20 min from Raleigh, Durham, Chapel Hill & the RDU airport. Many reasonably priced hotels within 3-5 miles. We will be happy to make recommendations.